

Summer Menu - Available Everyday

Recess

Smoothie of the day	\$2.50
Slice of Pizza <i>Ham & pineapple, chilli chicken</i>	\$2.50
Plain Cheesie <i>½ wholemeal round roll with cheese toasted</i>	\$1.50
Baked Bean Cheesie <i>½ wholemeal round roll with baked beans and cheese toasted</i>	\$2.50
Wholegrain Muffins <i>Fruit or Chocolate</i>	\$2.50
Banana Bread <i>Gluten free</i>	\$2.50
Fruit Salad Cup	\$2.50
Boiled Egg <i>Free range egg</i>	\$1.00
Garlic Bread	\$1.50
Popcorn <i>Freshly popped corn</i>	\$0.50
Yoghurt <i>Vanilla, Mixed Berry or strawberry</i>	\$2.00

Fruit

Fresh seasonal fruit	\$1.00
Frozen seasonal fruit <i>Pineapple or watermelon</i>	\$0.50
Dried Fruit	\$0.80

Drinks

Bottled Spring Water 600ml	\$2.00
Plain Milk 300ml	\$2.00
Flavoured Milk <i>Chocolate or Strawberry</i>	\$3.00
Nudie 100% Juices <i>Orange, Apple, Tropical,</i>	\$2.50
Paper straw	\$0.10

After Lunch Sales

Frozen fruit <i>Watermelon or pineapple</i>	\$0.50
Vanilla ice cream tubs	\$2.00

Lunch

Fresh Sandwiches, Rolls & Wraps

Fillings available

Ham, Chicken, Tuna, Egg or Cheese
Salad (*incl. lettuce, carrot, tomato, cucumber*)

Extras Avocado, baby spinach, hummus or grated fresh beetroot

Sandwich

One filling	\$4.00
Two fillings	\$4.50
Three fillings	\$5.00

Roll or Wrap

One filling	\$4.50
Two fillings	\$5.00
Three fillings	\$5.50

Gluten Free available	add	\$1.00
Extras	add	\$1.00
Gluten Free Roll	add	\$1.50
Vegemite roll		\$2.50

Toasted Sandwich, Rolls and Wraps

Fillings available

Chicken, ham, tuna, baked beans,
cheese, tomato, corn or pineapple

Extras Avocado, baby spinach, hummus or grated fresh beetroot

Toasted sandwich

One filling	\$4.00
Two fillings	\$4.50
Three fillings	\$5.00

Toasted Roll or Toasted Tortilla Wrap

One filling	\$4.50
Two fillings	\$5.00
Three fillings	\$5.50

Gluten free available	add	\$1.00
Extras	add	\$1.00

****Please note that all sandwiches and rolls are wholemeal unless white is requested**

Rainbow salad bowl \$5.00

Choose one:

Ham, chicken, tuna, egg or cheese

Salad includes

Lettuce, tomato, grated carrot and cucumber
Extras Avocado, baby spinach, hummus or
grated fresh beetroot add \$1.00

Summer Menu – Weekday Options

Monday

<i>Chicken Sub</i>	\$5.00
<i>Long white bread roll, crumbed chicken tenderloin, grated carrot, tomato, lettuce and mayonnaise</i>	
<i>Pastries</i>	
Sausage Roll	\$3.50
Spinach and ricotta roll	\$3.50
Meat Pie	\$4.00
Potato Pie	\$4.00
Party Pie	\$1.50
Sauce	\$0.30

Tuesday

<i>Vegetarian Nachos</i>	<i>Vegetarian sauce, corn chips, cheese and sour cream</i>	\$4.50
<i>Sushi</i>		
Chicken		\$6.00
Tuna		\$5.50
Vegan	Order and pay for sushi by 10am Mondays	\$5.50
Pizza Single – ham and pineapple		\$3.00

Wednesday

<i>Beach Burger</i>	\$5.00
<i>Beef pattie, grated carrot, tomato, lettuce and tomato sauce</i>	
Sunshine Burger	\$5.00
<i>Lentil based pattie, grated carrot, tomato, lettuce and tomato sauce</i>	
Gluten free available	add \$1.50

Thursday

<i>Vegetarian Fried Rice</i>	\$4.60
<i>Gluten free, rice, corn, carrots, capsicum, peas, spring onions, free-range eggs, GF soy sauce</i>	
<i>Pastries</i>	
Sausage Roll	\$3.50
Spinach and ricotta roll	\$3.50
Meat Pie	\$4.00
Potato Pie	\$4.00
Party Pie	\$1.50
Sauce	\$0.30

Friday

<i>Pasta - Vegetarian</i>	\$4.60
<i>Pasta – Bolognaise</i>	\$5.10
<i>(both sauces made in canteen)</i>	
Gluten Free Pasta available	add \$0.50
Pizza Single – ham and pineapple	\$3.00