

## Winter Menu - Available Everyday

### Recess

Hot Chocolate	\$2.00
Slice of Pizza <i>Ham &amp; 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	\$3.00
Soup 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>Various flavours</i>	\$3.00

#### 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	\$2.50
Flavoured Milk <i>Chocolate, Strawberry or Banana</i>	\$3.50
Nudie 100% Juices <i>Orange, Apple, Tropical,</i>	\$3.00
Paper straw	\$0.10

### After Lunch Sales

Various ice creams	\$2.00
Vanilla ice cream tubs	\$2.00
Frozen fruit	\$0.50

### 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 beetroot* add \$1.00

#### **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

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** \$5.50

#### **Choose one:**

Ham, chicken, tuna, egg or cheese

#### **Salad includes**

Lettuce, tomato, grated carrot and cucumber

Extras Avocado, baby spinach, hummus or beetroot add \$1.00



## Winter Menu – Weekday Options

### Monday

Chicken Sub	\$5.50
<i>Long white roll, crumbed chicken tenderloin, grated carrot, tomato, lettuce and mayo</i>	
Pastries	
Sausage Roll ( <i>Gluten free available \$6.00</i> )	\$4.00
Spinach and ricotta roll	\$4.00
Meat Pie	\$4.50
Potato Pie	\$4.50
Party Pie ( <i>Gluten free available 2 for \$5.50</i> )	\$1.50
Sauce	\$0.30

NOTE: Tuesday Sushi orders must be placed on Monday

### Tuesday

Sushi Tuna	\$7.00
Vegetarian	\$7.00
Chicken	\$7.50
Vegetarian Nachos <i>Vegetarian sauce, corn chips, cheese and sour cream</i>	\$5.00
Mac and Cheese ( <i>gluten free option available \$6.00</i> )	\$5.00
Pizza Single – <i>ham and pineapple</i>	\$3.50

### Wednesday

Pasta - Vegetarian	\$5.00
Pasta – Bolognaise ( <i>both sauces made in canteen</i> )	\$5.50
Gluten Free Pasta available	add \$0.50
Pizza Single – <i>ham and pineapple</i>	\$3.50
Mac and Cheese ( <i>gluten free option available \$6.00</i> )	\$5.00

### Thursday

Beach Burger Beef pattie, grated carrot, tomato, lettuce and tomato sauce	\$5.50
Sunshine Burger Vegetable based pattie, grated carrot, tomato, lettuce and tomato sauce	\$5.50
Chicken Burger Crumbed chicken, grated carrot, tomato, lettuce and tomato sauce	\$5.50
Meat Pie	\$4.50
Potato Pie	\$4.50
Sausage Roll ( <i>Gluten free available \$6.00</i> )	\$4.00
Party Pie ( <i>Gluten free available 2 for \$5.50</i> )	\$1.50
Spinach and Ricotta Roll	\$4.00

### Friday

Vegetarian Fried Rice	\$5.00
<i>Gluten free, rice, corn, carrots, capsicum, peas, spring onions, free-range eggs, GF soy sauce</i>	
Macaroni Cheese ( <i>Gluten free option available \$6.00</i> )	\$5.00
Sausage Roll ( <i>Gluten free available \$6.00</i> )	\$4.00
Spinach and ricotta roll	\$4.00
Meat Pie	\$4.50
Potato Pie	\$4.50
Party Pie ( <i>Gluten free available 2 for \$5.50</i> )	\$1.50