

Summer Menu 2023/24

Recess

Smoothie	\$2.50
Slice of Pizza <i>Ham & pineapple or 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
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, Banana</i>	\$3.50
Nudie 100% Juices <i>Orange, Apple, Tropical,</i>	\$3.00
Paper straw	\$0.10

After Lunch Sales

Ice creams – various flavours	\$2.50
Frozen fruit	\$0.50

Lunch

Fresh Sandwiches, Rolls & Wraps

Fillings available

Ham, Chicken, Tuna, Egg, Cheese, Salad or Avocado

Sandwich

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

Roll or Wrap

One filling	\$5.00
Two fillings	\$5.50
Three fillings	\$6.00

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 or pineapple

Extras Avocado, baby spinach, hummus or beetroot

Toasted sandwich

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

Toasted Roll or Toasted Tortilla Wrap

One filling	\$5.00
Two fillings	\$5.50
Three fillings	\$6.00

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

****Please note that all sandwiches and rolls are wholemeal**

Rainbow Salad Bowl \$5.50

Choose one:

Ham, chicken, tuna, egg or cheese

Salad includes

Lettuce, tomato, grated carrot and cucumber

Extras Avocado, beetroot add \$1.00

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Weekday Options

Monday

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

Tuesday

Vegetarian Nachos <i>Vegetarian sauce, corn chips, cheese and sour cream</i>	\$5.50
Pizza Single – <i>Ham and pineapple or Cheese and tomato</i>	\$3.50

Wednesday - Closed

Thursday

Beach Burger	\$5.50
<i>Beef patty, grated carrot, tomato, lettuce and tomato sauce</i>	
Sunshine Burger	\$5.50
<i>Veggie patty, grated carrot, tomato, lettuce and tomato sauce</i>	
Chicken Burger	\$5.50
<i>Crumbed chicken, grated carrot, tomato, lettuce and tomato sauce</i>	

Friday

Pizzas, Pies and all things nice

Also available on selected days

PASTRIES

Sausage Roll (<i>Witchy Pies Gluten Free available \$6.00</i>)	\$4.00
Spinach and Ricotta Roll	\$4.50
Meat Pie	\$5.00
Party Pie (<i>Gluten Free available 2 for \$5.50</i>)	\$1.50
Sauce	\$0.30