2014 Lunch Order Menu

Sandwiches
White, wholemeal, wholegrain or wrap
Please indicate which is preferred
1. Premium leg ham $3.50
2. Free-range chicken $3.50
3. Prime roast beef $3.50
4. Tuna $3
5. Egg (V) $2.50
6. Vegemite (V) $2

Extras
Toasted sandwiches .50c extra
Rolls .50c extra
Salad $1 extra
Includes lettuce, tomato & cucumber
Beetroot .50c extra
Pineapple .50c extra
Avocado .50c extra
Mayonnaise .50c extra
Pesto .50c extra
Relish .50c extra

Hot food
Homemade soups $3.50
1. Pumpkin (V)
2. Chicken & vegetable
   Chicken schnitzel burger $4.50
   with lettuce and homemade mayonnaise
Hamburger $4.00
   with lettuce, cheese and tomato sauce
Hotdog $4.00
   Skinless, low fat hotdog with sauce.
   Add Cheese 50c extra
   Add Bacon 50c extra
   Add Onion 50c extra
Chicken burrito $4.50
   Free range chicken with salsa in a burrito wrap topped with cheese and light sour cream
Homemade pizza $3.50
1. Chicken
   Chicken, pineapple & cheese
2. Hawaiian
   Ham, pineapple & cheese
3. Meat lovers
   Ham, salami, chicken & cheese
4. Vegetarian
   Seasonal fresh vegetables & cheese (V)
Fried rice $4.50
   Homemade fried rice with sweet corn, pea, ham and rice
Chicken curry $5.00
   Served with rice
Meat lasagne $5.00
   Homemade bolognaise & béchamel sauce layered between pasta & topped with cheese
Penne bolognaise $4.00

Macaroni cheese (V) $4.50
Lamb souvlaki $5.00
   Succulent leg lamb, lettuce, tomato, cucumber, cheese served with a garlic yogurt dressing
Hot potato (V) $3.50
   with sour cream and cheese
   Add Cheese 50c extra
   Add Bacon 50c extra
   Add Salsa 50c extra
Mini sausage rolls $2.00
   with tomato sauce
Mini vegetable rolls (V) $2.00
   with tomato sauce
Mini meat pies $2.00
   with tomato sauce
Corncob (V) $1.50
   with butter pat

Snacks
Popcorn $1.20
Gingerbread man $2.00
Fresh fruit salad $2.00
ANZAC biscuit $1.50
Frozen yoghurt $2.00
Homemade muesli bar $1.50
Cheese & Jatz biscuits $1.50

Drinks
Oak Flavoured Milk (300ml) $2.50
   Chocolate, Strawberry or Vanilla Malt
Fresh fruit juice (300ml) $2.50
   Apple, Orange or Apple-Blackcurrant
Mineral water (350ml) $2.50
   Lemonade, Orange or Lemon-lime
Orange cruncher $1.50
   Frozen orange juice

Sushi
1. Chicken
2. Salmon
3. Vegetarian (V)
   Served with soy sauce $4.00

Hot Rolls
1. Hot ham & egg roll $4.50
2. Hot chicken & gravy roll $4.50
3. Hot beef & gravy roll $4.50

Thursday Only