

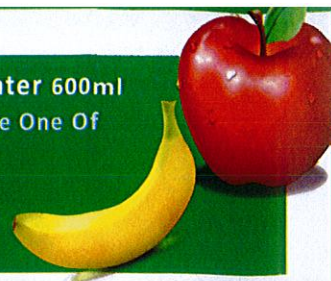
# Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml  
Plus Choose One Of

- Apple
- Banana



## Fresh Fruit

### FRESH FRUITS

Apple E	\$ 1.00	Watermelon Bowl Regular E	\$ 1.80	Frozen Orange Wedges E	\$ 0.30
Mandarin E	\$ 1.00	Watermelon & Grapes Bowl Regular E	\$ 2.00	Frozen Grapes Bowl Regular E	\$ 2.20
Banana E	\$ 1.00	Fruit Salad Bowl Large E	\$ 4.00	Grapes in a Bowl Regular E	\$ 2.20

## Breakfast

### COLD

Milky Max Custard Low Fat Chocolate EH	\$ 1.70
Corn Flakes EH	\$ 2.20
Coco Pops EH	\$ 2.20
Nutri Grain EH	\$ 2.20
Up N Go 250ml Chocolate, Vanilla EH	\$ 2.80
Plain Milk 300ml EH	\$ 1.70
Oak Milk 300ml Chocolate, Strawberry EH	\$ 2.40

### FRESH

Apple E	\$ 1.00
Banana E	\$ 1.00
Mandarin E	\$ 1.00
Watermelon Bowl E	\$ 1.80
Watermelon & Grapes Bowl E	\$ 2.00
Grapes in a Bowl E	\$ 2.20
Fruit Salad Bowl Large E	\$ 4.00

### HOT

Toast Assorted Spreads EH	\$ 1.00
Hash Brown OH	\$ 1.00
Fruit Toast E	\$ 1.00
Cheese Rocket Wrap EH	\$ 2.00
Cheese & Bacon Roll O	\$ 2.40
Hot Chocolate EH	\$ 1.60

### DAIRY & FRUIT

Whole Fruit Pieces E	\$ 1.00
Jelly Bowl Add Fruit 50c E	\$ 1.30
Milky Max Custard Low Fat Chocolate EH	\$ 1.70
Yoghurt Low Fat Vanilla EH	\$ 2.70
Watermelon Bowl Regular E	\$ 1.80
Grapes in a Bowl Regular E	\$ 2.20
Fruit Salad Bowl Large E	\$ 4.00

### QUICK BITES

Want Wants Rice Crackers O	\$ 0.30
Popcorn EH	\$ 1.00
Brownie O	\$ 1.00
Messy Monkeys Cheese or Burger EH GF	\$ 1.50
Jumpys Chicken O	\$ 1.50
Chips 28gm Honey Soy, Sea Salt OH	\$ 1.70
Gluten Free Salt & Vinegar SDR H GF	
Banana Bread OH	\$ 3.00

## Snacks

### OVER THE COUNTER ONLY

Pizza Buns Homemade Sauce & Cheese EH	\$ 1.50
Crunchy Cup Carrot Sticks & Hummus EH	\$ 1.50
Cheese Pack Cheese & Jatz Crackers EH	\$ 1.50
Calcium Pack EH	\$ 3.00
Cheese & Jatz Crackers + Plain Milk 300ml	
Variety Pack EH	\$ 2.50
Carrot, Cheese, Jatz Crackers, Hummus Dip	

### ICE COLD TREATS

Frozen Juice Cup E	\$ 1.00
Apple, Orange, Apple Blackcurrant	
Fruity Ice O	\$ 0.50
Sour Snap Apart O	\$ 1.00
Zooper Dooper O	\$ 1.00
Icy Pole O	\$ 1.50
Billabong Chocolate or Rainbow O	\$ 2.00
Frozen Milkshake Made In The Canteen O	\$ 3.00

### DRINKS

Plain Milk 300ml EH	\$ 1.70
Oak Flavoured Milk 300ml EH	\$ 2.40
Chocolate, Strawberry	
Quench 350ml Blue or Raspberry OH	\$ 2.50
Up N Go 250ml Chocolate, Vanilla EH	\$ 2.80
Iced Tea 500ml Peach O	\$ 3.30
Aloe Vera 500ml Grape E	\$ 3.30
Hot Chocolate EH	\$ 1.60

## Cold & Drinks

Popper 100% Juice 200ml EH	\$ 1.80
Apple, Orange, Apple Blackcurrant	
Water 600ml E	\$ 2.00
Fruit Shoot 300ml Pop Top E	\$ 2.00
Apple Blackcurrant, Summer Fruits	
Apple or Orange Juice 350ml 100% EH	\$ 2.80

\*\* With your lunch order "Ice Cold Treats" should be collected from the canteen after the eating period \*\*

### VEGETARIAN

Mini Spring Rolls SDR	\$ 0.80
Corn Cob E	\$ 1.20
Garlic Bread Loaf SDR H	\$ 2.00
Cup of Noodles Oriental SDR H	\$ 3.00
Sushi Roll Teriyaki Vegetable E	\$ 3.40
Cheese Pizza With Pizza Sauce EH	\$ 3.50
Nacho Dippers Tomato Salsa, Cheese SDR H	\$ 5.00
Macaroni & Cheese EH	\$ 4.00
Lasagna Vegetable E	\$ 4.00
Vegetarian Burger Lettuce, Mayonnaise E	\$ 4.20

### GLUTEN FREE - MAIN MEALS

Chicken Nuggets SDR H	\$ 0.80
Garden Salad E	\$ 3.80
Lasagna Beef EH	\$ 4.80
Lasagna Vegetable EH	\$ 4.80
Macaroni & Cheese EH	\$ 4.80
Sausage Beef Roll SDR	\$ 4.60
Meat Pie SDR	\$ 4.90
Nacho Dippers Tomato Salsa, Cheese SDR H	\$ 5.00
* The Below Items Do Not Contain Gluten, but are made in a facility that processes products containing gluten	
Hash Brown* SDR H	\$ 1.00
Nachos* With A Beef & Cheese Sauce EH	\$ 4.50

## Gluten Free & Vegetarian

### GLUTEN FREE - SNACKS

Messy Monkeys Wholegrain Chip Bites 20gm EH	\$ 1.50
Cheese or Burger Flavour	
Smiths Chips 27gm Salt & Vinegar SDR	\$ 1.70
Piranha Rice Snaps SDR H	\$ 2.20

GLUTEN FREE Please write GLUTEN FREE on your lunch bag  
Gluten Free Items are more expensive than regular items. In many cases, we are selling these at only slightly above cost price.  
More Gluten Free items are on the menu.

VEGETARIAN Please write VEGETARIAN on your lunch bag  
More Vegetarian items are on the menu.



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