



The following menu items are available at Recess and Lunch Monday to Friday

GF - Gluten Free **EF** – Egg Free **DF** – Dairy Free

SANDWICHES (Sandwiches can be toasted for an additional 30c)

Vegemite EF (Mightymite for GF)	\$2.20	\$2.70 GF	Egg/Lettuce	\$3.80	\$4.30 GF
Honey EF	\$2.20	\$2.70 GF	Egg	\$3.50	\$4.00 GF
Strawberry Jam EF	\$2.20	\$2.70 GF	Curried Egg/Lettuce	\$3.80	\$4.30 GF
Cheese EF	\$2.50	\$3.00 GF	Curried Egg	\$3.50	\$4.00 GF
Cheese/Tomato EF	\$2.80	\$3.30 GF	Cheese/Vegemite Scroll EF	\$2.50	
Cheese/Vegemite	\$2.50	\$3.00 GF			

WRAPS AND SALAD BUNS

	Small	Large
Salad Wrap EF (GF available on request \$4.30) (lettuce, tomato, cucumber, carrot, cheese, mayonnaise)	\$3.80	\$5.50
Salad Wrap with Egg (GF available on request \$4.80) (lettuce, tomato, cucumber, carrot, cheese, mayonnaise, egg)	\$4.30	\$6.00
Gourmet Wrap EF (GF available on request \$5.00) (lettuce, tomato, cucumber, haloumi cheese, roast pumpkin, hummus)	\$4.50	\$6.30
Gourmet Bun EF (lettuce, tomato, cucumber, beetroot, carrot, haloumi cheese, hummus or guacamole on a turkish bread bun)	\$6.50	
Salad Bun EF (lettuce, tomato, cucumber, carrot, cheese, mayonnaise)	\$4.00	
Salad Bun with Egg (lettuce, tomato, cucumber, carrot, cheese, mayonnaise, egg)	\$4.50	

SALADS

	X-small	Small	Large
Asian Salad EF DF (red cabbage, carrot, lettuce mix, corn, dried noodles, asian dressing)		\$3.80	\$5.50
Pumpkin Feta Salad EF (lettuce, feta, roast pumpkin, tomato, red onion, cucumber, sunflower seeds, honey balsamic dressing)		\$3.80	\$5.50
Haloumi Salad GF EF (lettuce, chickpea, haloumi, roast pumpkin, honey balsamic dressing)		\$4.50	\$6.30
Ranch Salad GF (lettuce, cucumber, carrot, tomato, corn, beetroot, ranch dressing)		\$3.80	\$5.50
Ranch Salad with Egg GF (lettuce, cucumber, carrot, tomato, corn, beetroot, ranch dressing)		\$4.30	\$6.00
Garden Salad GF EF (lettuce, cucumber, carrot, capsicum, tomato, cheese, balsamic dressing)		\$3.80	\$5.50
Garden Salad with Egg GF (lettuce, cucumber, carrot, capsicum, tomato, cheese, egg, balsamic dressing)		\$4.30	\$6.00
Greek Salad GF EF (lettuce, cucumber, tomato, red onion, olives, feta, Italian dressing)		\$3.80	\$5.50
Seasonal Fruit Salad GF EF DF	\$3.00	\$4.00	\$5.50
Seasonal Fruit Salad Cup with Yoghurt GF EF		\$3.50	

SNACKS

Weetbix Chocolate Slice EF	\$1.00	White Choc Chip Cookie	\$1.00	Hummus with Carrot, Cucumber and Celery Sticks GF EF DF	\$3.20
Apricot Coconut Bites (2) GF EF DF	\$1.20	Chocolate Chip Cookie	\$1.00	Hummus with Carrot, Cucumber, Celery sticks and Cheese GF EF	\$3.70
Chocolate Coconut Bites (2) GF EF DF	\$1.20	Mini Double Choc Chip Cookie	50c	Tzatziki with Carrot, Cucumber and Celery Sticks GF EF	\$3.20
Piece of Fruit – Apple or Banana GF EF DF	\$1.00	Banana Bread	\$2.50	Tzatziki with Carrot, Cucumber, Celery and Cheese GF EF	\$3.70
Orange (cut) GF EF DF	\$1.50	Banana Bread Toasted (Butter add 30c)	\$2.80	Boiled Egg	50c
Apple Slinky GF EF DF	\$1.50	Chocolate Cake Slice GF	\$1.00	Cheese and Crackers	\$2.20
Muffin of the day (see specials table)	\$2.50	Yoghurt & muesli cup with fruit (see specials table)	\$3.50		

LUNCH FOODS

HOT FOODS – Available for lunch only

	Small	Medium	Large
Nachos GF EF (corn chips, cheese, beans, sour cream, guacamole)	\$4.50	\$5.80	\$7.00
Haystacks GF EF (same as nachos plus - lettuce, cucumber, tomato, capsicum)	\$5.00	\$6.30	\$7.50
Hotdog EF (sauce extra 30c)		\$3.50	
Hotdog and Cheese EF (sauce extra 30c)		\$3.70	
Jacket Potato w Sour Cream and Cheese GF EF (Potato, cheese, sour cream)		\$4.00	
Jacket Potato Nacho Style GF EF (same as above plus + beans)		\$5.00	
Spinach and Feta Roll (sauce extra 30c)		\$4.50	
Vegetarian Sausage Roll (sauce extra 30c)		\$4.50	

MEAL DEALS

Meal deals are unable to be altered in any way.

RECESS \$5.50

Recess A	Recess B (Tues – Fri only)	Recess C	Recess D
Muffin of the day, cheese & crackers, apple slinky	Muffin of the day, cheese & crackers, banana	Vegemite scroll, cheese & crackers, apple slinky	XSmall fruit salad, Hummus w Veges, Popcorn GF EF DF

LUNCH \$ 6.80 (SAUCE IS AN ADDITIONAL 30c)

Lunch A	Lunch B	Lunch C	Lunch D
Sausage roll, apple popper, choc chip cookie	Hot Dog, small chocolate milk, choc chip cookie	Toasted cheese sandwich, small chocolate milk, weetbix slice, grain waves	Small nachos, GF choc cake, apple popper GF

SPECIALS OF THE DAY The following menu items are only available on the day specified below.

Mon	Vege Burger Regular \$5.00 (lettuce, tomato, cucumber, cheese, mayo and vegetable pattie)	Apple Strudel Muffin \$2.50	Apple yoghurt cup & muesli \$3.50 EF
	Vege Burger Works \$5.50 (lettuce, tomato, cucumber, cheese, mayo, beetroot, carrot and vegetable pattie)		
Tues	Vegetable Curry with Rice GF EF DF Small \$5.00 Large \$6.50	Mixed berry & white choc Muffin \$2.50	Mixed berry yoghurt cup & muesli \$3.50 EF
Wed	Cheese Pizza \$4.00 EF GF AVAILABLE ON REQUEST	Peach and coconut Muffin \$2.50	Peach yoghurt cup & muesli \$3.50 EF
Thurs	Gnocchi with Napolitano sauce & parmesan cheese Small \$5.00 Large \$6.50 EF GF AVAILABLE for additional \$1.00	Banana & choc chip Muffin \$2.50	Banana yoghurt cup & muesli \$3.50 EF
Fri	Cheese and Pineapple Pizza \$4.50 EF GF AVAILABLE ON REQUEST	Raspberry & white choc Muffin \$2.50	Raspberry yoghurt cup & muesli \$3.50 EF
	Macaroni and Cheese EF Small \$4.50 Large \$6.00 GF AVAILABLE for additional \$1.00		

ORDERING ONLINE IS FAST AND CONVENIENT AND SO EASY WITH OUR MUNCH MONITOR ONLINE ORDERING SYSTEM

DRINKS and ICECREAMS

JUICE POPPERS 250ml		GLEE SPARKLING FRUIT JUICE 250ml		
Apple	\$1.50	Rocking Raspberry Blackcurrent Burst Tropical Treat Bubblegum Grape		\$2.50
Apple & Blackcurrent	\$1.50			
UP n GO 250ml		WATER		
Chocolate	\$2.80	Nu Spring Water	600ml	\$1.00
Vanilla	\$2.80	Cooroy Mountain Spring Water	1L	\$2.00
Banana	\$2.80	Nu Water Sparkling	500ml	\$1.50
Strawberry	\$2.80	CHILL ICED TEA 335ml		
BREAKA		300ml		500ml
Chocolate	\$2.50	\$3.70	Raspberry, Peach, Blackcurrent	
Vanilla	\$3.70	\$2.50		
BREAKA		SPARKLING MINERAL WATER FLAVOURED 475ml		
Strawberry	\$2.50	\$3.70	Tahitian Lime / Orange Passionfruit / Orange Mango	
Iced Coffee (High School only)	\$2.50	\$3.70	ICE CREAMS	
Sipahh Straws – Chocolate or Strawberry	50c	GF	Twisted Frozen Yogurt	Watermelon & Mango
Milk - Full Cream 300ml	\$1.20			Strawberry & Vanilla
Slushie (terms 1 & 4 only) Small	\$1.70			Chocolate & Vanilla
Slushie (terms 1 & 4 only) Medium	\$2.20		Quelch Fruit Stick – GF DF	Orange, Mango, Pineapple, Tropical
Hot Chocolate (terms 2 & 3)	\$2.50		Icy Twist GF DF	\$1.50
CHIPS		Shaky Shake		
Piranha Snaps GF EF DF	Oregano & Thyme, Light Tangy Salsa	\$2.00	Mini Calipo GF DF	Raspberry/Pineapple
	Smokehouse BBQ			\$1.20
	Popcorn 13g GF EF DF		\$0.50	Paddlepops
Smiths 45g	Cheese n Onion GF	\$2.50	Bulla Vanilla Icecream Cup GF	
	BBQ GF		\$1.50	
	Original GF			
	Salt & vinegar GF			
Red Rock Deli 45g	Sweet Chilli & Sour Cream	\$2.50	LICKS ICECREAM	
	Original		<i>NEW – Gluten free, Dairy Free, No Added Sugar</i>	
	Balsamic Vinegar			
Pretzels 30g DF EF	\$1.40	Berry Buzz GF DF		\$2.00
Grain Waves 28g - Sour Cream & Chives	\$1.50	Mango Delish GF DF		\$2.00
		Pink Lemon Twist GF DF		\$2.00

Please note: Primary school (Prep to Year 6) students will not be permitted to purchase iced coffee.