

TERM 2 2022

DAILY SPECIALS

smart
choice

MONDAY

RECESS

| | |
|-----------------|--------|
| Prawn Gyoza | \$3.50 |
| Cinnamon Scroll | \$2.50 |

LUNCH

| | |
|---|--------|
| Chicken Hokkien Noodle w/ asian vegetables | \$5.00 |
| Beef Shepherd's Pie w/ minced lean beef, veg and mashed potato | \$5.00 |

TUESDAY

RECESS

| | |
|-----------------------|--------|
| Ham n Cheese Toasties | \$3.50 |
| Apple Danish | \$3.00 |

LUNCH

| | |
|---|--------|
| Gourmet beef Burger w/ tomato, lettuce & aioli | \$5.00 |
| Homemade baked Mac n Cheese | \$5.00 |

WEDNESDAY

RECESS

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|--|--------|
| Baked Pretzel w/ Pepperoni & Cheese | \$3.50 |
| Chocolate Bun | \$3.00 |

LUNCH

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|---|--------|
| Chilli Corn Carne w/ minced beef nachos and cheese | \$5.00 |
| Sweet & Sour Chicken w/ Rice (GF) | \$5.00 |

THURSDAY

RECESS

| | |
|-------------------|--------|
| BBQ Chicken Wings | \$3.50 |
| Apple Turnover | \$3.00 |

LUNCH

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|---|--------|
| Butter Chicken Curry w/ Pilaf Rice (GF) or Nan Bread | \$5.00 |
| Bangers and Mash w/ grilled onion and gravy | \$5.00 |

FRIDAY

RECESS

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|--|--------|
| Meat & Vegetable Pizza Slice (Low-Fat Cheese) | \$3.50 |
| Assorted Donut | \$3.00 |

LUNCH

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|---|--------|
| Chicken Parmigiana w/ Baked potato wedges | \$6.00 |
| Chicken Fajita Pasta mexican style pasta w/ vegetables | \$5.00 |

EVERYDAY

COLD CHOICES

| | |
|---|--------|
| Garden Salad w/ Feta & Sundried Tomato | \$4.00 |
| Chicken Caesar Salad | \$5.00 |
| Chicken Salad Sandwich | \$4.00 |
| Egg n Salad Sandwich | \$4.00 |
| Curried egg Sandwich | \$4.00 |
| Sushi (Chicken/Tuna) | \$5.00 |

SNACKS

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|---|--------|
| Assorted natural Yogurt pots 250 gms | \$2.50 |
| Fresh Fruit Salad | \$3.00 |
| Emma & Toms Protein Balls | \$3.50 |
| Grain waves | \$2.00 |
| Vege Chips | \$2.00 |
| Harvest Snaps | \$1.00 |
| Pop corn | \$2.00 |
| Pretzel | \$1.00 |

BEVERAGES

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|--|--------|
| Water(600ml) | \$2.50 |
| Flavoured Milk (300ml) | \$2.50 |
| Up and Go | \$2.50 |
| Plain Milk | \$2.00 |
| Emma & Toms Pressed Juice/ Smoothie 450ml/350ml | \$4.00 |
| Emma & Toms Pressed Juice/ Smoothie 250ml | \$3.00 |
| Pump Water Plain/ Lime/ Lemon/ Berry | \$3.00 |
| Shake n Shake Chill Vanilla/Choco Honeycomb | \$3.50 |



Vegetarian options can be prepared upon request. Advice students to place online order or place the order with us during recess.



Chicken and Beef used in the menu is halal