

# THE LUNCH BOX

# SPRING MENU 2021

## DAILY SPECIALS

### MONDAY

**Mexican Monday(H)** .....\$5.00  
Homemade Beef Burrito.  
Lightly Toasted

### TUESDAY

**Sushi (H)** .....\$2.80  
Homemade sushi, choice of Chicken,  
Chicken Teriyaki, Chicken and Avo,  
Avocado, Tuna, Tuna and Avo

### WEDNESDAY

**Chicken and Wedges** ..... \$5.00  
Oven baked crumbed Chicken  
tenderloins with oven baked Potato  
wedges.

### THURSDAY

**Buddy Burger** ..... \$4.00  
Choice of Beef, Chicken or  
Veggie patty with lettuce,  
tomato and sauce.

### FRIDAY

**BBQ Chicken and  
Mushroom Pizza (H)** ..... \$5.00  
Chicken, Mushrooms and  
Spring Onions on a BBQ base.

**Pizza (H)** ..... \$4.00  
Choice of Ham and Cheese,  
Hawaiian, or Vegetarian.

**Pizza The Lot (H)** ..... \$5.00  
Ham, cheese, mushroom, pineapple,  
red capsicum and spring onions.

## SANDWICHES/WRAPPS/BOX

Honey, Jam or Vegemite ..... \$1.50  
Cheese ..... \$2.00  
Egg and Lettuce ..... \$3.00  
Salad ..... \$3.50  
Ham or Chicken ..... \$3.00  
Add Salad ..... \$1.50  
Add Cheese ..... \$0.50  
Salad includes: lettuce, tomato,  
carrot + cucumber.

## HOT ITEMS

**Vegetarian Fried Rice** .....\$4.00  
(H)(GF)(V)  
Homemade with veggies and egg.

**Chicken Nuggets (GF)** ..... \$3.50  
6 Chicken breast nuggets. Sauce 50c.

**Beef or Vegetarian (V)**  
**Lasagna** ..... \$4.50

**Rice (V)(GF)** ..... \$1.50  
Steamed rice served with soy sauce.

**Hot Dogs** ..... \$3.50  
97% Fat Free Hot Dog served in  
freshly baked hot dog buns with tomato  
or bbq sauce. Cheese 50 cents extra.

**Pretzel (V)** Served warm ..... \$1.50

**Mini Garlic Bread (H)(V)** ..... \$1.00

**Corn Cob (V)(GF)** ..... \$1.50

**Cheesy Toast (H)(V)** ..... \$2.00

**Mini DimSims (V)** ..... 5 for \$3.00  
Served with soy sauce

## SNACKS

**Homemade Muffin (H)(V)** .. \$2.00  
Blueberry or Choc Chip Banana  
**Veggie Sticks and Tzatziki Dip**  
(V) ..... \$1.50

**Fruit Salad (V)(H)** ..... \$1.50  
Seasonal fruit

**Cheese & Crackers** ..... \$1.50  
4 Water Crackers & Reduced Fat Cheese.

**Red Rock Deli Chips** ..... \$1.30  
Options: Sea Salt, Salt & Vinegar, Honey  
Soy Chicken, Sweet Chilli & Sour Cream.

**Bliss Balls (H)(GF)(V)** ..... \$0.50

**Fruit** Seasonal ..... \$1.00

**Popcorn (plain)** ..... \$1.00

**Pretzels Bags 15gr** ..... \$1.00

**Freshly Baked Biscuits (V)** .. \$1.00

Anzacs or Chocolate Chip

**Gingerbread Man (H)(V)** .. \$1.50

Anzacs or Chocolate Chip

## TOASTIES/JAFFLES

Spaghetti ..... \$3.50  
Ham, Cheese and Tomato ..... \$4.00  
Chicken and Cheese ..... \$4.00  
Baked Beans ..... \$3.50  
Savoury Mince ..... \$4.00  
Vegemite and Cheese ..... \$3.00  
Sweet Chilli Chicken Tender  
Toasted Wrap .....\$4.00  
Greek Chicken Wrap with  
Tzatziki .....\$5.00  
Add cheese .....0.50c extra

## FROZEN SNACKS

### Bulla Frozen Yoghurt

97% Fat Free (V) ..... \$2.50  
Mango, Raspberry or Strawberry

**Ice Cream Dixie Cups (GF)**  
Vanilla or Chocolate.  
Lemon Sorbet option is Dairy Free \$1.00

**Frozen Fruit**  
Seasonal frozen fruit ..... \$0.50

**Lifesaver Ice Block** ..... \$1.50

**Quelch Fruit Ice Block** ..... \$0.50

**Frosty Fruits Ice Block** ..... \$1.50

## DRINKS

**Sparkling Water 500ml** ..... \$2.50

### Flavoured Milk

Chocolate, Strawberry or  
French Vanilla ..... \$2.50

**Fruit Poppers** ..... \$2.00

99% Fruit Juices  
Apple, Orange, Apple & Blackcurrant

**Slushie** ..... \$2.00

**Water 600ml** ..... \$1.50

(H) = Homemade. (V) = Vegetarian. (GF) = Gluten Free.

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Please place orders no later than 9am

