

THE LUNCH BOX

SUMMER MENU 2022

DAILY SPECIALS

MONDAY

Greek Salad Bowls (H)\$6.00

Authentic homemade Greek beef meatballs served with Greek salad, pita bread and tzatziki.

TUESDAY

Sushi (H)\$3.00

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 \$4.50

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) \$4.50

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 \$2.00

Cheese \$2.50

Egg and Lettuce \$3.50

Salad \$3.50

Ham or Chicken \$3.50

Add Salad \$1.50

Add Cheese \$0.50

Salad includes: lettuce, tomato, carrot + cucumber.

HOT ITEMS

Butter Chicken (H)(GF).....\$4.50

Homemade with coconut milk and served with steamed rice.

Chicken Nuggets (GF) \$4.00

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 \$1.70

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

Homemade Scrolls (H) \$2.00

Ham and Cheese

Vegemite and Cheese (V)

SNACKS

Homemade Muffin (H)(V).. \$2.50

Blueberry or Choc Chip Banana

Veggie Sticks and Tzatziki Dip

(V) \$2.00

Fruit Salad (V)(H) \$2.00

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) \$1.00

Fruit Seasonal \$1.50

Popcorn (plain) \$1.00

Pretzels Bags 15gr \$1.00

Freshly Baked Biscuits (V) .. \$1.00

Anzacs or Chocolate Chip

TOASTIES/JAFFLES

Spaghetti..... \$4.00

Ham, Cheese and Tomato..... \$4.50

Chicken and Cheese..... \$4.50

Baked Beans..... \$4.00

Savoury Mince..... \$4.50

Vegemite and Cheese \$3.00

Sweet Chilli Chicken Tender

Toasted Wrap.....\$4.50

Add cheese.....0.50c extra

FROZEN SNACKS

Bulla Frozen Yoghurt \$2.50

97% Fat Free (V)

Mango, Raspberry or Strawberry

Ice Cream Dixie Cups (GF) \$1.00

Vanilla or Chocolate.

Lemon Sorbet option is Dairy Free

Frozen Fruit \$0.50

Seasonal frozen fruit

Lifesaver Ice Block..... \$1.50

Quelch Fruit Ice Block \$0.50

Lemonade Icy Pole \$1.50

DRINKS

Sparkling Water 500ml \$2.50

Flavoured Milk \$2.50

Chocolate, Strawberry or French Vanilla

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

