

THE LUNCH BOX

SUMMER MENU 2024

DAILY SPECIALS

MONDAY

Greek Bowls (GF)\$7.00
Homemade Greek Salad served with tzatziki and you choice of Greek beef meatballs or grilled halloumi. Halloumi option is vegetarian.

TUESDAY

Sushi\$3.50
Homemade sushi, choice of Chicken, Chicken Teriyaki, Chicken and Avo, Avocado, Tuna, Tuna and Avo

WEDNESDAY

Chicken and Wedges \$6.50
Two chicken tenders served with potato wedges.
Add Sauce 50c extra.

THURSDAY

Buddy Burger \$6.00
Choice of Beef, Chicken or Veggie patty with lettuce, tomato and sauce.

FRIDAY

Cheese Pizza\$4.00
Pizza \$5.00
Choice of Ham and Cheese, Hawaiian, or Vegetarian.
BBQ Chicken and Mushroom Pizza\$6.00
Chicken, Mushrooms and Spring Onions on a BBQ base.
Pizza The Lot\$6.00
Ham, cheese, mushroom, pineapple, red capsicum and spring onions.

SANDWICHES/WRAPS/BOX

Honey, Jam or Vegemite \$2.50
Cheese \$3.00
Egg and Lettuce \$4.00
Salad \$4.00
Ham or Chicken \$4.00
Add Salad \$2.00
Add Cheese \$0.50
Salad includes: lettuce, tomato, carrot and cucumber.

HOT ITEMS

Coconut Curry (GF).....\$5.00
Homemade Coconut Curry served with steamed rice. Choice of chicken or vegan.

Lasagne

Beef\$5.00
Vegetarian (V).....\$5.00

Rice (V)(GF)\$2.00
Steamed rice with soy sauce.

Hot Dog\$4.00

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.....\$2.00

Mini Garlic Bread (V)\$1.50

Corn Cob (V) (GF).....\$2.00

Chicken Nuggets (GF).....\$4.50
6 chicken breast nuggets. Sauce 50c.

Tempura Fish Cocktail\$4.00
4 piece per serve. Tartare sauce 50c extra.

Cheesy Toast (V)\$2.50

Lunch Pack - \$8

Includes your choice of sandwich (jam, honey, vegemite or cheese), piece of fruit, muffin and your choice of snack (popcorn, chips or cheese and crackers)

SNACKS

Homemade Muffin (V)\$2.50

Blueberry or Choc Chip Banana

Fruit Salad(GF)(V).....\$2.50

Homemade seasonal fruit salad

Cheese & Crackers (V)\$1.50

4 water crackers &reduced fat cheese

Red Rock Deli Chips (GF)\$1.50

Sea Salt, Salt & Vinegar, Honey

Soy Chicken, Sweet Chilli &

Sour Cream.

Bliss Balls(GF)(V)\$1.00

Fruit Seasonal\$1.50

Popcorn (plain)\$1.00

Freshly Baked Biscuit (V)\$1.00

ANZAC or Chocolate Chip

TOASTIES/JAFFLES

Spaghetti \$4.00

Ham, Cheese and Tomato \$5.00

Chicken and Cheese \$5.00

Baked Beans \$4.00

Savoury Mince..... \$4.50

Vegemite and Cheese \$3.50

Sweet Chilli Chicken Tender

Toasted Wrap.....\$5.00

Add cheese0.50c extra

FROZEN SNACKS

Mini Vanilla Drumstick\$2.50

Bulla Frozen Yoghurt \$3.00

97% Fat Free (V)

Mango, Raspberry or Strawberry

Ice Cream Dixie Cup (GF)\$1.50

Lemon (DF), vanilla, strawberry, chocolate.

Lifesavers Ice Block.....\$1.50

Quelch Fruit Ice Block\$0.80

Lemonade Icy Pole\$1.50

Frozen Fruit\$0.50

DRINKS

Sparkling Water 500ml \$2.50

Flavoured Milk \$2.50

Chocolate, Strawberry or Vanilla

Fruit Popper \$2.50

99% Fruit Juices

Apple, Orange, Apple & Blackcurrant

Slushie \$2.50

Water 600ml \$2.00

(V) = Vegetarian.

(GF) = Gluten Free.



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Please place orders no later than 9am