

# THE LUNCH BOX

# SUMMER MENU 2025

## DAILY SPECIALS

### MONDAY

**Poke Bowl (GF)** .....\$7.00

Fresh poke bowl with option of filling and dressing.

Choice of filling - chicken tenders, teriyaki chicken, tuna or avocado.

Choice of dressing - ranch, honey soy or sweet chilli sauce.

All bowls come with corn, carrot and edamame, topped with fried shallots.

### TUESDAY

**Sushi** .....\$4.00

Homemade sushi, choice of Chicken, Chicken Teriyaki, Chicken and Avo, Avocado, Tuna, Tuna and Avo

### WEDNESDAY

**Chicken and Wedges** ..... \$7.00

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

**Subs** .....\$6.00

Choice of meatballs with marinara sauce, chicken tenders with aioli or falafel with tzatziki. All served with cheese in a warm bread roll.

### 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)

## SANDWICHES/WRAPS/BOX

Honey, Jam or Vegemite ..... \$2.50

Cheese ..... \$3.00

Egg and Lettuce ..... \$4.50

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

**Satay Chicken (GF)**.....\$6.00

Nut free satay chicken with rice.

### Lasagne

Beef .....\$5.50

Vegetarian (V).....\$5.50

**Rice (V)(GF)** .....\$2.00

Steamed rice with soy sauce.

**Hot Dog** .....\$4.50

97% Fat Free Hot Dog served in

freshly baked hot dog buns with

tomato or BBQ sauce. Cheese 50c

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

**Pizza Slab** .....\$5.50

choice of Cheese (V), Vegetarian

(V), Meat & Cheese, BBQ Chicken,

and Hawaiian (beef and pineapple).

## SNACKS

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

Blueberry or Choc Chip Banana

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

Homemade with seasonal fruit.

**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 cheese .....0.50c 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

**Lemonade Icy Pole** .....\$1.50

**Frozen Fruit** .....\$0.50

## DRINKS

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

**Flavoured Milk** ..... \$3.00

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.



**IF YOUR CHILD HAS A FOOD ALLERGY/INTOLERANCE PLEASE CONTACT THE TUCKSHOP TO SET UP A TIME TO DISCUSS THIS DIRECTLY WITH OUR CONVENOR BEFORE PLACING AN ORDER.**

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Please place orders no later than 9am