THE LUNCH BEX

WINTER MENU 2025

DAILY SPECIALS

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Jacket Potato (GF)\$6.00 Baked potato with choice of filling: Savoury Mince, Ham, Hawaiian, Baked Beans or plain. All potatoes served with cheese, sour cream & 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

FRIDAY

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	0	
Cheese\$3.00	0	
Egg and Lettuce \$4.50	0	
Salad\$4.00	0	
Ham or Chicken\$4.00	0	
Add Salad\$2.00	0	
Add Cheese\$0.50		
Salad includes: lettuce, tomato, carrot and		
cucumber.		

HOT ITEMS

Mac & Cheese (V)\$5.50
Homemade macaroni and cheese.
Chicken Slider\$3.00
Mini naan bread with Chicken Tender
or Sweet Chilli Chicken Tender served
with lettuce & herb mayonnaise.

Lasagne

Beet\$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 freshl
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

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Homemade Muffin (V)\$2.50
Blueberry or Choc Chip Banana
$\textbf{Steamed Edamame} \; (V) (GF)\2.50
Served warm and slightly salted.
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 cheese0.500	extra

FROZEN SNACKS

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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

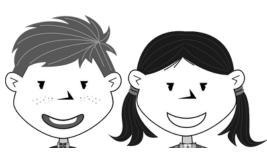
Lemonade Icy Pole\$1.50

Frozen Fruit\$0.50

DRINKS

Sparkling Water 500ml	\$3.00
Flavoured Milk	\$3.00
Chocolate, Strawberry or	
Vanilla	
Fruit Juice	\$2.50
99% Fruit Juices	
Apple, Orange, Pineapple,	
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.