

THE LUNCH BOX

AUTUMN MENU 2022

DAILY SPECIALS

MONDAY

Burrito (H)\$5.00
Homemade toasted beef burrito with added cheese. Vegetarian option also available (V).

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. Sauce 50c extra

THURSDAY

Buddy Burger \$4.50
Choice of Beef, Chicken or Veggie patty with lettuce, tomato and sauce.

FRIDAY

Cheese Pizza (H)\$3.50

Pizza (H) \$4.50

Choice of Ham and Cheese, Hawaiian, or Vegetarian.

BBQ Chicken and

Mushroom Pizza (H).....\$5.00

Chicken, Mushrooms and Spring Onions on a BBQ base.

Pizza The Lot (H)\$5.00

Ham, cheese, mushroom, pineapple, red capsicum and spring onions.

SANDWICHES/WRAPS/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

Penne Alfredo (H)

Vegetarian (V).....\$4.00

Gluten free option available

Chicken.....\$5.00

Gluten free option available

Lasagna

Beef\$4.50

Vegetarian (V).....\$4.50

Rice (V)(GF)\$1.50

Steamed rice served with soy sauce.

Hot Dog\$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

Chicken Nuggets (GF).....\$4.00

6 chicken breast nuggets.

Sauce 50c.

Tempura Fish Cocktail\$4.00

4 piece per serve. Tartar sauce 50c extra.

Cheesy Toast (H)(V)\$2.00

SNACKS

Homemade Muffin (H)(V)\$2.50

Blueberry or Choc Chip Banana

Homemade Vanilla Bean

Custard (H)(GF)(V)\$2.00

Cheese & Crackers.....\$1.50

4 water crackers & reduced fat cheese

Red Rock Deli Chips\$1.30

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

Freshly Baked Biscuit (V)\$1.00

ANZAC and 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

Mini Vanilla Drumstick\$2.00
(Nut Free)

Bulla Frozen Yoghurt..... \$2.50
97% Fat Free (V)

Mango, Raspberry or Strawberry

Ice Cream Dixie Cup (GF)\$1.00

Lemon (DF), vanilla, strawberry, chocolate.

Lifesaver Ice Block\$1.50

Quelch Fruit Ice Block\$0.50

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 \$2.00

99% Fruit Juices

Apple, Orange, Apple & Blackcurrant

Slushie \$2.00

Water 600ml \$1.50

(H) = Homemade.

(V) = Vegetarian.

(GF) = Gluten Free.

