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| Fresh sandwiches, rolls & wrapsWholemeal, multigrain or high fibre white breadChef’s specials Wicked chickenchicken, cucumber, lettuce, and tzatziki mayo $Tropicana ham, cheese, pineapple and tomato $Gone fishin’ tuna, corn, carrot, celery, mayo mix $Veggie delight cheese, salad and hummus $Optional fillings / spreadsFilling options: cheese, ham, chicken, egg, tuna $lettuce, tomato, carrot, onion, banana, sultanas $Spread options: margarine, mayo, honey, jam, vegemite $avocado, ricotta cheese, hummus, tzatziki, salsa $Fresh saladsEnergy salad $rice, ham, cheese, tomatoes, grated carrot & cornMexican salad $three bean mix, tomato, capsicum, corn, cheese with pita chips and Greek or natural yoghurtCool drinksPlain water $Plain milk $Flavoured milk, 250ml: choc, vanilla, strawberry $100% juice popper, 200ml: apple, orange **$** | Tasty hot foodsToasted sandwiches (up to 3 fillings) $Additional fillings: no charge for herbs/spicesSavoury cheese, ham, chicken, baked beans, sliced tomato, mushrooms, pineapple, grated carrot, corn kernels, avocadoSweet banana, canned apple or peaches, sultanas, cottage cheese, ricotta, cinnamon, nutmegBaked potatoes $Lean ham pineapple, corn and reduced fat cheeseNacho beans tomato salsa and sour creamTuna corn, reduced fat cheese and mayonnaiseMini pizzas $Offer 1 pizza & rotate options weeklyHawaiian ham, cheese, tomato, pineappleBBQ Chicken chicken, mushroom, cheese, BBQ sauceCheesy veg tomato, cheese, capsicum and herbsSuper snacksFresh and frozen fruit pieces $ Mixed fruit salad with yoghurt $ Yoghurt tubs - variety of flavours $ Reduced fat frozen yoghurt / ice cream tubs $ Dried fruit and nuts nibble mix $ Veggie sticks with reduced fat cheese cubes $Popcorn $ Raisin toast with margarine $   |
| Specials and meal deals\* (insert details of weekly / monthly specials and/or meal deals) |