

MENU

TERM 2. 2018

BREAKFAST

Homemade muffins	3.50
Homemade bread of the day	3.50
In house muesli with stewed apple, mixed berries or FFS	4.50
Yoghurt with mixed berry, stewed apples	4.50
Fresh fruit salad	4.50
Almond croissant	3.50
Plain freshly baked croissant	3.50
Ham cheese croissant	4.50
Raisin toast	2.50
Bacon & egg roll	4.50
Cheese & tomato omelette	4.50

DRINKS

Milk -350ml	2
-600ml	3
-1LT	3.50
Nudies juices made with REAL fruit 250ml	4
-cranberry & raspberry	
-mango & passionfruit	
Emma & Tom's made with REAL fruit 450ml	4.50
(Apple, Orange, Lemon, Raspberry, Karma, Green)	
Bottled spring water	2
Emma & Toms Flavoured Milk Chocolate, Strawberry or Caramel	4

SNACKS

Fresh fruit (orange, apple & banana)	1
Carrots sticks & hummus (v, gf)	2.50
Bryon Bay Cookies (gf option available)	3.50
Carmel's Muesli Bar	3.50
Veggie Snack Box (carrots, celery, cucumber)	2.50

SUSHI (Monday, Wednesday & Friday) - (Terms 1 & 4 ONLY)

Rolls	4.50
Teriyaki Chicken & cucumber	
Cooked Tuna & cucumber	
Chicken Schnitzel & cucumber	
Veggie (kimchi, avocado, mushroom & tofu) brown rice (v)	
Veggie (avocado) brown rice (v, gf)	
Boxes (15 pieces)	6
Mixed baby boxes (avocado, cucumber & cooked tuna)	

EVERYDAY

Home-made pies	5.50
Soup of the day (v, gf) served with bread (gf available)	5
Home-made veggie frittata served with salad	5
Home-made pork & veggie sausage rolls	4.50

SELECTION OF SANDWICHES

Chicken schnitzel, avocado, lettuce & mayo	5
Chicken mayo	
Ham, cheese & tomato	
Bacon, lettuce & avocado	
Salami, cheese, sundried tomato & spinach	
Pulled pork & coleslaw	
Tuna mayo wrap (v)	
Falafel, tabouli & hummus (wrap) (v)	
Cheese & salad (v)	

SELECTION OF GLUTEN FREE SANDWICHES 5

Ham, cheese & tomato	
Chicken mayo (gf mayo)	
Cheese & salad	
BLAT	

SELECTION OF SALADS

Chicken schnitzel	5.50
Smoked ham (gf)	
Roasted pumpkin, spinach & feta (gf, v)	
Falafel & hummus (v)	
Smoked salmon & avocado (v, gf)	

MONDAY

Recess

Pizza subs (tomato & cheese)(v)	3.50
Corn on the cob (v, gf)	2.50
Chicken tenderloins	4.50

Lunch

Bolognese ragu with pasta & parmesan (please pre-order gf pasta)	6.50
Spinach & ricotta ravioli with a tomato & basil sauce (v)	
Chicken & barley minestrone soup	

TUESDAY

Recess

Chicken & mushroom steamed dumpling	4.50
Veggie spring rolls (v)	4
Home-made pork & veggie sausage roll	4.50

Lunch

Chicken burgers with spinach, tomato, mayo & chips	6.50
Teriyaki chicken and steamed jasmine rice	
Veggie & lentil stew served with steamed jasmine rice (gf available)	

WEDNESDAY

Recess

Wedges potatoes with sweet chilli sauce (v, gf)	4
Chicken tenderloins	4.50
Spinach & feta triangles	4

Lunch

Mac 'n' cheese with bacon & mushrooms	6.50
Zucchini & pea pasta bake	
Potato gnocchi with a tomato ragu served with parmesan cheese	

THURSDAY

Recess

Nachos with cheese, sour cream & guacamole	4
Home-made pork & veggie sausage roll	4.50
Crispy chicken drum sticks	4.50

Lunch

Stir-fry hokkien noodles with seasonal veggies	6.50
Chicken & bacon stir-fried rice	
Italian pork & fennel sausage with broccoli	

FRIDAY

Recess

Sweet potato tempura (v, gf)	4
Homemade pork & veggie sausage rolls	4.50
Veggie spring rolls	4

Lunch

Fish & chips	6.50
Calamari & chips	
Jacket potato with:	
-baked beans & cheese	
- beef bolognese & parmesan	
- crispy bacon & cheese	