

# MENU: Term 2 2020

## Breakfast

Homemade Muffins - Berry / Banana & chocolate	3.5
Sourdough toast with vegemite	3.5
Homemade bread of the day	3.5
Gluten Free Banana Bread (gluten free butter)	4
Raisin Toast	3.5
Plain Freshly Baked Xant	3.5
Yoghurt Pots 475ml –	4.8
Mixed berry, homemade stewed apples, homemade muesli Or gluten free muesli	
Ham & Cheese Xant	4.8
Bacon & Egg Roll	4.8
Egg, Tomato & Spinach	4.8
Avocado on Sourdough	6

## Drinks

Milk	
-250ml	2.5
-600ml	3
-1LT	3.5
Emma & Tom's made with REAL fruit 450ml (Apple, Orange, Lemon, Raspberry, Karma, Green)	4.5
Bottled Spring Water	2.5
Emma & Toms Flavoured Milk Chocolate, Strawberry or Caramel	4.2
Organic Kombucha 250ml :- ginger & lemon , raspberry & lemonade , Apple crisp	3.5
Mount Franklin Water Lightly Sparkling	
Mango, Raspberry or Lime	3.5

## Snacks

Fresh Fruit (orange, apple & banana)	1.5
Fresh Fruit Salad (gf,v)	4.5
Veggie Snack Box (carrots, Cherry toms & cucumber)(gf,v)	4
Carrots sticks & Humus (v,gf )	3.5
Bryon Bay Cookies (gluten free & dairy free available)	3.5
Edamame Beans	3.5

## Everyday

Home-made Pies of the day	6
Soup of the Day (v,gf) served with bread ( gf available )	6
Home-made Pork & veggie Sausage Rolls	5

## **Sandwiches**

**\$5.5 sandwich bread / SD \$6 / Seeded Roll \$6 / Gluten Free \$5.5**

Chicken Schnitzel, avocado, lettuce & mayo

Chicken Mayo

Ham, cheese & tomato

Bacon, lettuce & avocado

Pulled pork & coleslaw

Falafel, tabouli & hummus (wrap) (v)

Cheese, carrot, beetroot, tomato & spinach (v)

## **Salads \$6**

Chicken Schnitzel & Avocado

Roasted Pumpkin, spinach & Feta (gf,v)

Falafel & Hummus (v)

Smoked Salmon & Avocado (v,gf)

## **Salads Poke Bowls \$7** (contains sesame seeded)

Brown Rice or Vermicelli noodles (gf) with all the veggie trimmings – choice of protein

Chicken Schnitzel, Poached Chicken (gf), Smoked Salmon (gf) & Tofu (v,gf)

## **Recess**

Home-made Pork & Veggie Sausage Rolls \$5

Steamed Chicken Dim Sims \$4.5

Crispy Pork & Chive Dumplings \$4

Beef Nachos \$5

Home-made Pies \$6

Cheese & Spinach Triangle's \$4.5

Chicken Tenders \$5

## **Hot Meals \$7**

### **Monday -**

Pasta Bolognese (gluten free pasta on request)

Chicken Schnitzel Burger with spinach, tomato, chilli mayo & chips

Veggie & Lentil Stew with steamed brown rice (v,df,gf)

### **Tuesday -**

Buttered Chicken with sweet potatoes & steamed Rice (gf)

Roasted Pumpkin & Kale Lasagne (v)

Veggie burger on a sesame Bun, tomato, spinach & avocado with oven roasted

Chips (v)

### **Wednesday -**

Homemade Mini Meatballs in a tomato salsa with penne pasta

Tomato & Pea Pasta bake (v)

Homemade Italian Sausage, Mushroom, rosemary & Pea Risotto (gf)

### **Thursday -**

Stir-Fry Hokkien Noodles with Seasonal Veggies (option to add chicken)

Roasted Pumpkin, leek & kale soup served with a dinner roll (gf, v)-750ml

**Friday -**

Baked Jacket Potato – all served with cheese – Bacon, Baked Beans or Beef Bolognese (gf)

Beef Burger in a sesame seed bun with a tomato relish, lettuce, cheese & chips

Fish & Chips

## **Gluten Free Breakfast**

Banana Bread (gluten free butter)

Yoghurt Pots

Berries or homemade unsweetened stewed apples or muesli

## **Gluten Free Sandwiches \$5.5**

Ham, cheese & tomato

Chicken Mayo

Cheese, carrot, beetroot, tomato & spinach (v)

BLAT

## **Salads**

Smoked salmon (df) / Chicken (df) / Roasted Pumpkin (v) / Poke Bowls (df)

Fruit Salad / Bryon Bay Cookies / Edamame Beans (v,df)

## **Monday**

Pasta Bolognese / Lentil & veggie stew (v,df)

## **Tuesday**

Buttered Chicken with Rice

## **Wednesday**

Homemade Italian Sausage, mushroom, rosemary & pea risotto

## **Thursday**

Homemade Roasted Pumpkin, leek & sage Soup (v,df)

## **Friday**

Baked Jacket Potatoes all with grated cheese

Bacon / Baked Beans (v) / Beef Bolognese

**We use a separate board & sandwiches press for ALL gluten free options**

df – dairy      v - vegetarian