

MENU: Term 4 2020

Breakfast

Homemade Muffins : - Berry or Banana & chocolate	4
Sourdough toast with vegemite	3.5
Banana Bread	3.5
Gluten Free Banana Bread (gluten free butter)	4
Raisin Toast	3.5
Yoghurt Pots: -	5
Mixed berry, muesli or gluten free muesli	
Fresh Fruit Salad	4.5
Plain Freshly Baked Xant	3.5
Ham & Cheese Xant	5
Bacon & Egg Roll	5
Selection of Breakfast Cereals all served with milk: -	3.5
Weetabix, Homemade Muesli, Toasted Muesli, Corn Flakes, Gluten Free Corn Flakes, Gluten Free Weetabix & Gluten Free Muesli	

Drinks

Milk	
-250ml	2.5
-600ml	3
-1LT	3.50
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	4.5
Organic Kombucha: - ginger & lemon, raspberry & lemonade & Apple crisp 250ml	3.5
Mount Franklin Water Lightly Sparkling Mango, Raspberry or Lime	3.5

Snacks – available everyday for recess & lunch

Fresh Fruit (orange, apple & banana)	1.5
Seasonal Fresh Fruit Salad	4.5
Veggie Snack Box (carrots, Cherry toms & cucumber)	4
Bocconcini & cherry tomatoes	4
Carrots sticks & Humus (v, gf, df)	3.5
Edamame Beans	3.5
Boiled Eggs	3.5
Steamed Corn Cob	3.5
Bryon Bay Cookies (gluten free option available)	3.5

Sandwiches (soft square bread \$5.5 / multigrain sourdough \$6)

Chicken Schnitzel, avocado, lettuce & mayo

Chicken mayo

Ham, cheese & tomato

Bacon, lettuce & avocado

Salami, cheese, sundried tomato & spinach

Pulled pork & coleslaw

Falafel, tabouli & hummus (Wrap) (v)

Cheese & Salad (v)

Fresh Crusty Rolls \$6 (all filled with grated carrot, cucumber, tomato,

iceberg lettuce & mayo)

Chicken mayo

Ham & cheese

Grated Cheddar Cheese (v)

Gourmet Sandwiches \$8.5

Crumbed chicken tenders, cajun mayo, purple cabbage, iceberg lettuce

Cream cheese, smoked salmon, spinach, pickled cucumber & dill

Fresh ricotta, tomato, avocado & iceberg

Salads \$6

Chicken Schnitzel & Avocado

Smoked Salmon & Avocado (v,gf,df)

Home-made zucchini frittata (v,gf) or chicken, bacon & zucchini (gf)

Poke Bowls \$7.5 (selection of dressing / gluten free dressing is on the trolley)

Mediterranean– tomato, olives, cucumber, sweet red capsicum, red onion, carrot, purple cabbage, lentils, parsley & feta

Falafel & Cous Cous – carrot, tomato, cucumber, chickpeas, hommos & spinach

Vermicelli Noodles or Brown Rice (poached chicken, smoked salmon, chicken schnitzel or tofu) -

purple cabbage, carrots, edamame beans, corn, tomato, cucumber, crispy shallots

Tuna, mixed beans & Egg – brown rice, parsley, tomato, cucumber, corn &

purple cabbage

Gluten Free

We use a separate board & sandwiches press

Breakfast

Banana Bread

Yoghurt Pots - Berries or muesli

Snacks

Veggie Snack Box (carrots, Cherry toms & cucumber)	4
Bocconcini & cherry tomatoes	4
Carrots sticks & Humus (v, gf, df)	3.5
Edamame Beans	3.5
Boiled Eggs	3.5
Bryon Bay Cookies	3.5
Steamed Corn Cobs	3.5

Selection of Breakfast Cereals served with milk

Weetabix, cornflakes, homemade muesli	3.5
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Homemade Roasted Frittata with salad

Zucchini & tomato or zucchini & bacon	6
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Gluten Free Sandwiches \$6

Ham, cheese & tomato

Chicken Mayo (gluten free mayo)

Cheese & salad

BLAT

Salads \$7.5

Poke Bowls (selection of dressing is on the trollies)

Mediterranean– tomato, olives, cucumber, sweet red capsicum, red onion, carrot, purple cabbage, lentils, parsley & feta

Vermicelli Noodles or Brown Rice (poached chicken, smoked salmon, chicken schnitzel or tofu) -

purple cabbage, carrots, edamame beans, corn, tomato, cucumber, crispy shallots

Tuna, mixed beans & Egg – brown rice, parsley, tomato, cucumber, corn & purple cabbage

Hot Meals \$7

Monday – Beef Bolognese Pasta

Tuesday – Chicken or Veggie Korma

Thursday – Chicken or Veggie Sweet & Sour

Every day – Veggie & Lentil Stew with rice

Recess – available everyday

Cheesy pizza sub	3.5
Steamed Corn Cob	3.5
Pork & chive Dumplings	4
Steamed Chicken Dim Sims	4.5
Spring Rolls	4.5
Cheese & spinach puffs	4.5
Pork & veggie sausage rolls	5
Chicken Tenders	5
Beef Nachos	5.5
Home-made pies	6

Lunch \$7

(gluten free pasta available on request)

Monday

Home-made Beef Bolognese penne pasta (gf)

Spinach & Ricotta filled ravioli with a tomato & bails sauce

Tuesday

Home-made Chicken Korma with coconut milk served with jasmine steamed rice (gf)

Home-made Lentil & potato korma with coconut milk served with jasmine rice (v.gf)

Wednesday

Mini meatballs in a rich tomato sauce with penne pasta

Mini Meatballs with Roasted Pots & steamed carrots

Penne Pasta in a rich napolitano sauce with fresh basil (v, gf)

Thursday

Sweet & sour Chicken served with steamed jasmine rice

Sweet & sour tofu served with steamed jasmine rice

Friday

Home-made Beef Enchiladas

Fish & Chips

Available everyday

Veggie & Lentil Stew with steamed brown rice 7

Home-made Pork & veggie sausage rolls 5

Home-made Pie of the week 6

Burgers \$7.20 (on-line only)

Angus Beef & cheese with a home-made burger sauce

Crumbed Chicken schnitzel with mayo

Spinach & Ricotta veggie pattie with mayo

(all on served on a freshly baked Milk bun with iceberg lettuce & fresh tomato)

