



Please clearly label the paper bag you write the lunch order on.

Name: Jo Blow                      Grade: Prep S

***Chicken Schnitzel foccacia with sweet chilli sauce, mayonnaise, cheese tomato and lettuce \$6.40***

**Attention students:** When ordering ***sushi or Rice paper rolls***, please write a second preference in case they sell out early.

<b>SANDWICH BAR</b>				<b>Cost</b>
<i>(please note all sandwiches prepared will be refrigerated )</i>				
<input type="checkbox"/> Sandwich	<input type="checkbox"/> Roll	<input type="checkbox"/> Hi-fibre	<input type="checkbox"/> Whole -	
<input type="checkbox"/> Wrap	<input type="checkbox"/> Foccacia	White	meal	
<i>( NB Wrap &amp; Foccacia' are \$0.50 extra )</i>				
<input type="checkbox"/> Cheese \$2.50	<input type="checkbox"/> Ham \$3.00	<input type="checkbox"/> Salmon \$4.00	<input type="checkbox"/> Chicken \$4.00	
<input type="checkbox"/> Tuna \$3.00	<input type="checkbox"/> Egg \$2.50	<input type="checkbox"/> Salad \$4.00		
<input type="checkbox"/> Vegemite \$2.00				
<input type="checkbox"/> Grilled Chicken Schnitzel \$4.00	<input type="checkbox"/> Grilled Fish \$4.00			
<b>Healthy Fillings</b>				
<b>Condiments – all low fat</b>				
<input type="checkbox"/> Margarine	<input type="checkbox"/> Cream cheese	<input type="checkbox"/> Mayonnaise		\$0.20
<input type="checkbox"/> Mustard Pickle	<input type="checkbox"/> Sweet Chilli Sauce			each
<input type="checkbox"/> Basic Salad: tomato, cucumber, carrot, beetroot, lettuce				\$1.50
<input type="checkbox"/> CHEESE	<input type="checkbox"/> CARROT	<input type="checkbox"/> ALFALFA	<input type="checkbox"/> LETTUCE	\$0.50
<input type="checkbox"/> TOMATO	<input type="checkbox"/> CUCUMBER	<input type="checkbox"/> BEETROOT		each
<input type="checkbox"/> SPINACH	<input type="checkbox"/> AVOCADO			\$1.00
				each

<b>SALADS -</b>	<input type="checkbox"/> Greek	<input type="checkbox"/> Tabouli	<input type="checkbox"/> Roast Veggies	
	<input type="checkbox"/> Coleslaw	<input type="checkbox"/> Garden		\$3.70
<b>SUSHI HANDROLL -</b>	<input type="checkbox"/> Salmon	<input type="checkbox"/> Tuna	<input type="checkbox"/> Vegetarian	
	<input type="checkbox"/> Avocado	<input type="checkbox"/> Chicken		\$5.00
<b>RICE PAPER ROLL-</b>	<input type="checkbox"/> Chicken	<input type="checkbox"/> Prawn	<input type="checkbox"/> Vegetarian	\$5.50
<input type="checkbox"/> Falafel Wrap				\$6.50
<input type="checkbox"/> Grilled Chicken Schnitzel WRAP- (tomato, lettuce, mayonnaise)				\$5.50
<input type="checkbox"/> Grilled Chicken Schnitzel BURGER- (tomato, lettuce, mayonnaise)				\$5.50
<input type="checkbox"/> Cheese Burger (Beef, tomato, cheese, tomato sauce)				\$4.70
<input type="checkbox"/> Grilled Fish Burger- (tomato, lettuce, tartare sauce)				\$4.70

## HOT FOOD

<input type="checkbox"/> Fried Rice		\$3.50
<input type="checkbox"/> Stir Fry Noodles		\$3.50
<input type="checkbox"/> Stir Fry Beef & Black Bean (Served with steamed rice)		\$4.50
<input type="checkbox"/> Thai Green Chicken Curry (Served with steamed rice)		\$4.50
<input type="checkbox"/> Chicken Cacciatore (Served with steamed rice)		\$4.50
<input type="checkbox"/> Beef Stroganoff (Served with steamed rice)		\$4.50
<input type="checkbox"/> <u>Pasta Penne-</u>	<input type="checkbox"/> Napoli (tomato base s/c)	
	<input type="checkbox"/> Bolognese (tomato base s/c with beef mince)	\$4.00
	<input type="checkbox"/> El Fungi (Low –fat cream base s/c with mushroom)	
<input type="checkbox"/> Chicken & Mushroom Pasta Bake		\$4.00
<input type="checkbox"/> <u>Traditional Lasagne-</u>	<input type="checkbox"/> Beef	
	<input type="checkbox"/> Vegetarian	\$4.00
<input type="checkbox"/> ¼ Roasted Chicken & potatoes		\$4.50

## SNACKS

<input type="checkbox"/> Fresh Fruit Salad		\$3.50		
<input type="checkbox"/> <u>Low Fat Yogurts</u>	<input type="checkbox"/> Plain	<input type="checkbox"/> Mango & Strawberry		
	<input type="checkbox"/> Mixed Berry	<input type="checkbox"/> Bircher Muesli	\$3.50	
<input type="checkbox"/> <u>Fresh Fruit-</u>	<input type="checkbox"/> Apple	<input type="checkbox"/> Orange	<input type="checkbox"/> Banana	\$1.00
<input type="checkbox"/> Vegetable sticks (Carrot, celery)				\$3.50
<input type="checkbox"/> Hard Boiled Egg				\$1.00

## DRINKS

<input type="checkbox"/> <u>Milk- 300ml</u>	<input type="checkbox"/> Plain	\$2.20
<input type="checkbox"/> Bottled Water 500ml		\$2.50