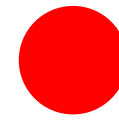




Everyday



Choose Wisely



Twice a Term

Healthy Tummies Menu

All burgers - \$6.00

Chicken burger
Beef burger
Fish burger
Bacon & egg burger
Vegetarian burger (v)

All pastas - \$6.00

Plain Pasta/Butter (v)
Lasagna Bolognese
Lasagna Vegetarian (v)
Penne Napolitana (v)
Penne Pesto (v)
Cheesy Pasta (v)

Pizza's

Margherita (v) - \$4.50
Ham & pineapple - \$5.00
BBQ chicken - \$5.00

Hot foods

Pizza Subs - \$1.50
Garlic bread (v) - \$1.50
Sausage rolls - \$3.00
Spinach & Ricotta rolls (v) - \$3.50
Meat pies - \$3.50
Mini meat pies - \$1.50
Halal meat pies - \$4.00
Potato wedges (v) - \$3.00
Mashed potato & corn on cob (v) - \$4.50
Nachos - \$4.50
Fried rice (v) - \$4.00 w/bacon - \$4.50
Butter chicken - \$6.00

Soups - \$6.00

Chicken and Vegetable
Minestrone (v)
Pumpkin (v)

Salads

Garden - \$6.00 with chicken - \$7.00
Greek - \$6.50 with chicken - \$7.50
Caesar - \$6.50 with chicken - \$7.50
Pasta - \$5.00
Potato - \$5.00

Sandwiches – white, multigrain or brown bread. Optional toasted.

Cheese - \$2.50
Ham & cheese - \$3.00
Ham - \$2.20
Ham cheese & tomato - \$3.00
Ham & salad - \$4.00
Cheese & salad - \$3.50
Salad - \$3.00
Chicken - \$3.00
Chicken lettuce & mayo - \$3.50
Chicken & salad - \$4.00
Egg - \$2.50
Egg & lettuce - \$3.00
Curried egg - \$3.00
Curried egg & lettuce - \$3.50
Tuna - \$3.00
Tuna & salad - \$4.00
Vegemite - \$2.00
Vegetarian - \$3.00
Honey - \$2.00
Jam - \$2.00

Toasted focaccia , rolls and wraps also available
- \$1.00 extra

ALL MEALS ARE PREPARED FRESH AND ON PREMISES

Healthy Tummies Menu

All Snacks

Red Rock Deli Chips

Honey soy, sea salt - \$2.00

Smiths

BBQ, Original,

Salt & vinegar -\$ 2.00

Pop corn - \$ 2.30

Veggie chips (gluten free) -
\$2.00

Noodle snack - \$1.50

Cheese & crackers - \$1.00

Health packs (cucumber,
cheese, ham, sultanas &
crackers) - \$3.00

Fresh fruit salad sml - \$1.50
med - \$2.00
lge - \$3.50

seasonal fruit - \$ 1.00

Frozen fruit pieces - 50c -\$1.00

Sultana - \$1.00 per pack

Milk and beverages

Big M - choc/straw - \$2.50

Up & go - choc/straw - \$2.50

Orchy juice bottles - \$2.50

Just juice poppers - \$2.00

Quench – cola, lime, orange &
blue heaven - \$2.50

Spring water lge - \$3.00
sml - \$2.50

Fresh fruit smoothies (made to
order) – \$4.00

Frozen Items

Orchy cups - \$1.50

Frozen yoghurts - \$2.50

All paddle pops - \$2.00

Icy twist - \$2.00

Cyclones - \$2.00

Zings & fruit sticks - \$1.50

Frozen thick shakes (choc) - \$2.50

Meal deals - \$7.00

Monday

Ham and Cheese Roll, Fruit Salad
and a popper.

Tuesday

Spaghetti Bolognese, Meat Balls
and a popper.

Wednesday

Hot dog, fruit salad and water.

Thursday

Baked chicken drumsticks and
wedges, and a popper.

Friday

Sushi (chicken or tuna), fruit
salad and a popper.

Sushi only \$3.50

ALL MEALS ARE PREPARED FRESH AND ON PREMISES