

Our menu is based on the smart choices strategy

Recess menu

Everyday	Price
Seasonal fresh fruit	\$1.00
Fruit kebab	\$1.00
Fresh fruit salad	\$3.00
Fruit salad and Greek yoghurt	\$3.70
Apple slinky	\$1.00
Crispy fruits – pure dried fruit	\$1.50
Carrot sticks	\$0.20
Health pack (carrot, celery, cucumber, ham ,cheese and crackers)	\$3.00
Cucumber, celery and carrot cups with Hummus	\$1.70
Cheese jaffle	\$0.80
Pizza bread	\$1.00
Oven baked Frittata bites	\$1.00
Greek Yoghurt cups	\$1.00
Greek Yoghurt cups with berries	\$1.50
Pauls vanilla Custard cups (GF)	\$1.00
Popcorn and raisin cups	\$1.00
Koala Popcorn Plain	\$1.40

Occasional	Price
Variety of homemade fruit muffins	\$1.50
Oven baked hash browns	\$1.00
Spinach and ricotta triangles	\$0.50
Garlic Bread	\$0.70
Jelly cups	\$1.00
Vegie chips (GF)	\$1.50
Banana bread	\$3.00

Lunch menu

Option of white, wholemeal, multigrain, Helgas low carb and gluten free bread available

Sandwiches everyday	Price
Vegemite or honey	\$1.80
Vegemite and light tasty cheese	\$2.40
Light Tasty Cheese	\$2.20
Chicken, lettuce and mayo	\$4.00
Chicken and salad	\$4.50
Egg and Lettuce	\$3.50
Salad	\$3.50
Tuna and mayo	\$3.20
Tuna and salad	\$4.50
Light Tasty Cheese and tomato	\$3.20
Ham	\$3.00
Ham and tasty cheese	\$3.60
Ham and salad	\$4.50
Cheese and salad	\$4.50
Ham, tasty Cheese and Tomato	\$4.00

(Extra fillings \$0.50, toasted \$0.50, roll \$1.00, Turkish bread \$1.00)

Wraps or rolls everyday	Price
Char grilled chicken breast with lettuce, tomato, cucumber and mayo	\$5.00
Falafel wrap (Falafel, hommos, tabouli)	\$5.50
Ham, cheese and Pineapple	\$5.00
Tuna, lettuce, tomato and mayo	\$5.00

Fresh salad everyday	Price
Fruit salad and yoghurt	\$3.70
Salad and dressing	\$4.00
Grilled chicken and salad	\$5.00
Tuna and salad	\$5.00
Greek salad (small)	\$3.80
Greek salad (large)	\$5.00

Occasional	Price
Homemade chicken schnitzel wrap with avocado, lettuce and mayo	\$5.00
Caesar salad with lettuce, bacon, parmesan and croutons	\$5.00
Caesar salad with lettuce, bacon, chicken, parmesan and croutons	\$6.00

(Extra fillings in sandwiches, wraps, salads \$0.50)

Hot food menu

Everyday	Price
Penne Bolognese (pasta with Homemade Bolognese sauce)	\$4.00
Penne with napoletano sauce (with or without parmesan cheese)	\$3.80
Fried rice with Vegetables	\$3.80
Chicken kebab stick	\$2.70
Chicken kebab in a roll	\$3.70
Chicken Kebab on roll with lettuce	\$4.00
Chicken Burger (fresh chargrilled chicken breast, lettuce, mayo)	\$4.00
Portuguese chicken burger (chicken burger +Portuguese and sweet chili sauce)	\$4.50
Beef burger (100% beef patty, lettuce, tomato and sauce)	\$4.00
Vegetarian Burger (potato or lentil patty+ lettuce, tomato and mayo)	\$4.50
SOUP Wonton Soup OR chicken noodle soup	\$3.80

Occasional	Price
Ricotta and Spinach Rolls	\$3.00
Mrs Macs Light meat cruiser pie	\$3.50
Mrs Macs Good Eating sausage roll	\$3.00
Mrs Macs Potato Pie	\$3.80
Mrs Macs Halal Pies	\$4.00
Mrs Macs Halal Sausage rolls	\$3.00
Mrs Macs Gluten free pie	\$5.00
Mrs Macs Gluten free sausage roll	\$4.00

(Sachets 0.30 cents extra)

Frozen items

Everyday	Price
Frozen seasonal fruit from (watermelon, rockmelon, pineapple, oranges, grapes)	\$1.00
Quelch sticks	\$0.70
Juicies	\$1.00
Juicie Tubes	\$1.30
Mini Frozen yoghurt on a stick	\$0.80


Occasional	Price
Paddle pop	\$1.60
Choc coats	\$1.00
Spider sticks	\$1.00
Icy Pole	\$1.20
Twisted Yoghurt cups (98% fat free Greek yoghurt with live and active probiotics)	\$2.50


Drinks Menu


Everyday	Price
Water	\$2.00
Sparkling mineral water	\$2.50
Mount Franklin flavoured sparkling mineral water	\$2.20
Pauls milk carton 300ml	\$1.80
Sipahh straw to enjoy with your plain milk	\$0.50
OAK Flavoured milk 300ml	\$2.20
Soy milk	\$2.50
Coconut water	\$2.50

Occasional	Price
Juice poppers 99% fruit juice 250ml	\$2.00
Kids Nudie Juice	\$2.20
GLEE (99% fruit juice in sparkling mineral water)	\$2.20

Special dietary requirements

Gluten free 	Price
Muffins	\$1.50
Banana bread	\$4.00
Twista Bolognaise	\$4.00
Homemade fried rice with gluten free soy sauce	\$3.80
Health pack with gluten free crackers and gluten free Hummus	\$3.00
Gluten free burgers	\$5.00
Gluten free wraps	\$6.00
Gluten free pie	\$5.00
Gluten free sausage roll	\$4.00
Gluten free curry and vegetable pie	\$5.00

Dairy free 	Price
Soy life yogurt	\$2.50
Soy milk	\$2.50

Halal 	Price
Halal pies	\$4.00
Halal sausage rolls	\$3.00
Falafel wrap (falafel, hommos, tabouli)	\$5.50
Chicken burger (chicken, lettuce and mayonnaise)	\$4.00
Chicken kebab stick	\$2.70
Chicken kebab in a roll	\$3.70

Daily special

Monday	Price
Pizza Margherita (Margherita is with tomato and mozzarella cheese)	\$3.80
Pizza Vegetarian	\$4.50
Pizza Ham and Pineapple	\$4.50
Homemade Teriyaki Chicken with vegetables and rice	\$4.50

Tuesday	Price
Homemade Lasagna (Fresh napoletano sauce and mozzarella cheese)	\$4.00
Homemade baked chicken drumsticks and potatoes	\$4.00

WEDNESDAY	Price
Homemade Butter Chicken with rice and a frozen juicie	\$5.00
Homemade meatballs with napoletano sauce and slice of bread	\$4.00

Thursday	Price
Bacon and Egg Burger + custard cup	\$5.00
Homemade Honey Soy wings with rice	\$4.50

Friday	Price
Sushi roll (chicken and avocado/ chicken and lettuce/ tuna and lettuce/ vegetarian)	\$3.00