

## School Lunch Menu—Term 1, 2020

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### HOT FOOD

Sausage Roll - home-made, small, low fat	2.00
Garlic Bread	2.00
Sausage Roll - home-made, large, low fat	3.80
Meat Pie	4.80
Pasty - vegetarian	4.80
Chicken Nuggets - low fat x 4	4.00
Hot Dog - plain	3.80
- with sauce	4.00
- with cheese & sauce	4.80
Hot Pizza Subs - ham, cheese, tomato pizza sauce,	5.00
Teriyaki Chicken Subs - with mayo	5.00
Roast Chicken Subs - with mayo	5.00
Sweet Chilli Chicken roll	5.00
Meatball Sub - with homemade tomato sauce	5.00
Beef Cheese Burger	5.00
Fish Burger - with mayo	5.00
Cheese Toasty	3.40
Cheese & Tomato Toasty	4.00
Ham & Cheese Toasty	4.60
Ham, Cheese & Tomato Toasty	5.00

### SNACKS - LOWFAT

Yoghurt Frogs	.60
Seasonal Fresh Fruit	1.00
Plain Popcorn	1.50
Cookies - Choc Chip/ Anzac	1.80
Jelly Cup	2.00
Natural Snack Pack	2.00
Banana Bread	2.00
Fruit Salad Cups	2.50
Hot Apple Crumble	2.80

### FROZEN TREATS

Frozen Yoghurt	3.00
Orange or Apple Juice cups	2.80
Chocolate or Strawberry milk Slushies	2.80

### DRINKS

Plain Milk 200ml	1.80
Spring Water 600ml	2.00
Juice, 100%, apple, orange 250ml	2.50

### HOTPACKS

*Home-made in Marias Kitchen. No additives, low in fat*

Fried Rice or Vegetarian Fried Rice	5.80
Thai Noodle & Veg.	5.80
Meat Ravioli	5.80
Macaroni Meat Bake	5.80
Butter Chicken & Rice	5.80
Macaroni Cheese	5.80
Beef / Vegetarian Lasagne	5.80
Spaghetti Bolognese	5.80
Pasta Twists in Bolognese Sauce	5.80
Neapolitan Pasta Twists	5.80
Tuna Bake	5.80
Shepherds Pie	5.80
Spaghetti & Meatballs	5.80
Honey Soy Chicken & Rice	5.80

### GLUTEN FREE

Pasta Twists in Bolognese Sauce	6.80
Shepherd's Pie	6.80
Macaroni & Cheese	6.80
Butter Chicken & Rice	6.80
Fried Rice	6.80

### SANDWICHES

	<u>SANDWICHES</u>	<u>ROLLS</u>
Vegemite	2.80	3.30
Cheese	3.80	
Cheese & Vegemite	3.80	
Egg	3.80	4.50
Ham	3.80	4.30
Tuna	4.50	5.00
BBQ Chicken	4.50	5.00
Egg & Lettuce	4.00	4.50
Ham & Cheese	4.50	5.50
Cheese & Salad	4.00	4.80
Ham & Salad	4.80	5.00
Chicken & Salad	4.50	5.20

*Sauce or Mayo .30*

**Chicken Tender Salad Wraps 6.20**

### SALAD TUBS

Lettuce, Tomato, Carrot, Cucumber, Capsicum & Olives