

SUMMER MENU 2020



All items on this menu fit into the **GREEN** or **AMBER** sections of the Right Bite Food Spectrum which can be found on the DECD website.

Where possible, dairy based products are either light or fat free, wholemeal bread is used and all fruit and vegetables are fresh.

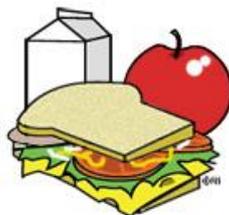
All food is prepared with care and love

While prices are kept as low as possible there may be increases due to supplier costs.

Feedback and volunteers are always welcome.

FROM THE OVEN

PASTA BOLOGNAISE	\$5.00	HASHBROWN (V, GF)	\$1.00
Homemade bolognaise sauce with spiral pasta topped with grated cheese		CHICKEN GOUJONS	\$4.00
VEGETABLE LASAGNE (V)	\$5.00	Crumbed chicken strips x 6	
Pumpkin, zucchini, spinach and corn with tomato and bechamel sauces		SPRING ROLLS (V)	\$2.00
HOT DOG		Mini spring rolls x 3, oven baked	
- plain or with sauce	\$4.00	TEMPURA FISH BITES	\$4.00
- with cheese	\$4.50	5 pieces served with tartare sauce	
HOME MADE PIZZAS		Mrs. Mac's approved school range...	
- Ham and pineapple	\$4.00	- SAUSAGE ROLL 120g	\$3.00
- Margherita (V)	\$4.00	- CRUISER BEER PIE 175g	\$4.00
CUP OF NOODLES	\$3.00	ADD SAUCE...	.30c
Chicken or Beef			



SANDWICHES

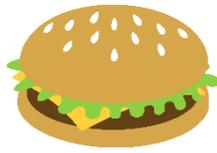
VEGEMITE	\$2.00	HAM AND SALAD	\$5.00
CHEESE	\$3.00	(lettuce, tomato, cucumber and carrot)	
CHEESE AND VEGEMITE	\$3.00	CHICKEN AND SALAD	\$5.00
EGG AND LETTUCE	\$4.00	(lettuce, tomato, cucumber and carrot)	
HAM AND CHEESE	\$3.50	HAM & CHEESE CROISSANT	\$4.00
		- toasted	

Mayonnaise or tomato relish can be added on request, no charge

Gluten free bread available... add \$1.00

SALADS

COUS COUS SALAD (V)	\$5.00	CHICKEN & MANGO SALAD	\$5.00
with chickpeas, capsicum, tomato and olives		with noodles and a light dressing	



BURGERS

BEEF BURGER \$5.00
Angel Bay beef pattie with lettuce, tomato, cheese and tomato sauce

VEGE BURGER (V) \$5.00
Vegetable pattie with lettuce and tomato relish

CHICKEN BURGER \$5.00
Crumbed chicken with lettuce, cheese and a light mayonnaise

FISH BURGER \$5.00
Tender fish pieces with lettuce, carrot and tartare sauce

WRAPS

CHICKEN PARMA WRAP - warm \$4.50
Oven baked chicken tenders with Napoli sauce and grated cheese
(half wrap available \$3.0)

CHICKEN TENDER WRAP \$4.50
Tender chicken pieces with lettuce, cheese and mayonnaise

CAESAR SALAD WRAP \$5.00
Bacon, egg, lettuce, parmesan cheese and a Caesar dressing

RAINBOW WRAP (V) \$4.50
Carrot, lettuce, cucumber, tomato and cheese

TUNA WRAP \$5.00
Tuna, lettuce, cucumber and a sweet chilli mayonnaise



SNACKS

FRUIT SALAD \$3.00
- Watermelon
- Seasonal mixed fruit

JELLY CUP \$1.00

POPCORN, lightly salted .50c

FRESHLY BAKED COOKIES \$1.00
Chocolate chip

CORN ON THE COB \$1.00

CARROT STICKS .60

BOILED EGG \$1.00

CHEESE & CRACKERS \$1.50

MUFFINS \$1.00
Baked fresh daily

THIRST QUENCHERS

PLAIN LIGHT MILK 200ml \$1.00

OAK LIGHT MILK 300ml \$2.50
Chocolate or strawberry

MILO 200ml \$2.50

WATER 600ml \$2.00

CHILL ICE TEA 250ml \$2.00
Raspberry or peach

GLEE SPARKLING JUICE 250ml \$2.50
Blackcurrant burst or rockin raspberry

HARVEY FRESH JUICE 200ml \$2.00
Apple, orange or apple and blackcurrant

SUPA ESSENTIALS JUICE 350ml \$2.50
2.5 serves of fruit per serve...

- COCO POWER
Apple, mango, pineapple, coconut water and lemongrass

- GREEN RECHARGE
Apple, mango, kiwi, kale and spinach

- MANGO MAGIC
Orange, apple, pineapple, mango, passionfruit and ginger

- BERRY OXIDENT
Apple, blueberry, raspberry and green tea

