Daily Summer Menu
Commencing 31st January, 2012

Breakfast
- Fruit muffin $3.00
- Muesli cups with stewed apple and rhubarb, with natural yogurt $4.50
- Egg and bacon pie, a whole egg and bacon baked in puff pastry $3.00
- Egg, spinach and feta pie $3.00
- 2pc of toast, white or multigrain with butter and veg or jam $3.00
- Fruit toast $3.50
- Fruit salad $4.00

Recess and Lunch
Wraps & Sandwiches, white or multigrain
- Vegemite $3.00
- Chicken mayo $4 w salad $4.50
- Cheese $3.00
- Tuna mayo $4.00 w salad $4.50
- Ham $4.00 w salad $4.50

Pide - Turkish bread
- Chicken schnitzel, cheese, mayo, rocket $7.50
- Roasted Veg, fetta, mayo $7.50
- Ham cheese tomato, mustard, mayo $7.50
- Cheese and tomato $6.50

Roll - Sourdough, rye with seeds
- Chicken, mayo, rocket $7.00
- Tuna, mayo, rocket $7.00

Hot
- Chicken sausage roll $3.50
- Veggie roll, carrot, sweet potato, spinach, peas and potato, with cheese rolled in puff pastry $3.50
- Egg and bacon pie, a whole egg and bacon baked in puff pastry $3.00
Salads
3-4 salads daily - $5.50 each
Examples
- Roasted beetroot, feta cheese, cherry tomatoes and rocket with a balsamic glaze.
- Chicken, mango, spinach, mint and mayo chive.
- Pesto pasta salad with cherry tomato and parmesan
- Greek Salad, feta, kalamata olives, tomato and Spanish onion
- Brown rice salad with currants, coriander mint and caramelized onion
- Potato salad, crispy bacon, soft eggs, spring onion and sour cream
- Roasted pumpkin, red onion, rocket & rosemary with balsamic vinaigrette
- Roasted Veggies and Couscous, with a Moroccan dressing

Sweet
- Chocolate brownie, no nuts $2.00
- Lemon slice, no nuts $2.00
- Munchies slice $2.00
- Choc chip cookie $1.50

Icy poles
- Lemonade icy pole $1
- Paddle pops $1.50
- Frosty Fruit $1.80
- Frozen pureed fruit and coconut milk 50c

Smiths Chips assorted 30g 90c

Specials - pricing between $5 and $7
One dish will be served hot daily, this will be a rotating menu
- Meat balls in a rich tomato and basil sauce with pasta.
- Beef lasagne
- Syrian chicken with yogurt and coriander sauce and rice
- Fried rice, mixed veggie
- Chicken and leek pie
- Greek pie, spinach, fetta and onion, with a tomato chutney
- Thai Chicken balls with noodles and veggies
- Pasta Carbonara
- Roasted veggie and goats cheese quiche
- Slow cooked beef pie
Drinks List

Spring Valley Juices
Apple $3.00
Orange $3.00

Tiro 330ml
Lightly Carbonated Fruit Juices with no artificial flavour or colour
Passionfruit Tiro $3.50
Pink grapefruit Tiro $3.50
Lemon Tonic Tiro $3.50
Raspberry Tiro $3.50

Splitrock
Splitrock Lightly carbonated spring water (330ml) $3.50
Splitrock Natural still spring water (500ml) $2.50

Charlie’s Juices
Apple Kids (juice pockets 200ml) - $2.00
Orange Kids (juice pockets 200ml) - $2.00

Nippy’s 375ml Flavoured Dairy Drinks
Iced Coffee $3.50
Iced Chocolate $3.50
Iced Honeycomb $3.50
Iced strawberry $3.50

Soft Drinks 330ml cans
Coke $3.50
Diet Coke $3.50
Coke Zero $3.50

Coffee Available from Term 2
Syndicate Espresso Beans
(Bon Soy Milk, Pura Full cream and Pura Light Start Milk)
Latte
Flat White
Cappuccino
Long Black
Short Black
Macchiato
Hot Chocolates
Large Coffees $4.50
Small Coffee $3.50