



YUMMY TUMMY HOT FOOD

Lasagna 97% fat free	\$4.00	
Macaroni/Cheese 97% fat free	\$4.00	
Fried Rice	\$4.00	
Dim Sims Steamed (Low Sodium)	\$1.00	
Potato Scallop (Term 2 & 3 Recess Only)	\$1.00	
Chicken crumbed tender	\$1.80	GF
Hot Noodles Chicken or Beef	\$3.00	
Pizza Slab (Ham&Pine or Margherita)	\$4.20	
Hot Dog Lite	\$3.60	
Beef Burger with Lettuce and Sauce	\$4.20	
Chicken Burger with Lettuce & Low Fat Mayonnaise	\$4.20	
Gluten Free Hot Dog (no roll)	\$3.00	GF

HOT N TASTY JAFFLES

Baked Bean & Cheese	\$3.20	V
Spaghetti	\$2.80	V
Cheese	\$0.00	V
Ham (97% Fat Free & Cheese)	\$3.70	

MRS MACS GOOD EATING RANGE

Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG

No Added Preservatives, or Artificial Colours

100% Vegetable Pastie	\$4.00	V
Beef Pie	\$4.00	
Sausage Roll	\$3.00	
Potato Top Pie	\$4.00	
Tomato Sauce	\$0.30	

SNACKS

Cobs Popcorn Sea Salt or Slightly Sweet	\$1.50	GF
JJ's Chicken Crackers	\$1.50	
Red Rock Chips Honey/Soy	\$1.50	
Red Rock Chips Sea Salt	\$1.50	GF
Home Style Cookies	\$2.00	
Fruit Jelly In Slime	\$1.50	GF

TERM 1 & 4 ONLY

Fruit Salad Tub	\$3.00	V GF
Frozen Watermelon Wedge	\$0.60	GF

SUPER SANDWICHES, ROLLS & WRAPS

All sandwiches made from wholemeal, multigrain and white bread

	Sandwich	Roll or Wrap	
Vegemite	\$2.10	\$2.70	V
Cheese	\$0.00	\$0.00	V
Egg & Lettuce	\$2.80	\$3.20	V
Ham (97% fat free)	\$3.00	\$3.70	
Ham (97% fat free) & Salad	\$4.00	\$4.70	
Tuna & Salad	\$4.00	\$4.70	
Roast			
Chicken	\$3.50	\$4.10	
Roast Chicken & Salad	\$4.00	\$4.70	
Salad (Lettuce, Cheese, Tomato, Beetroot, Carrot & Cucumber)	\$3.60	\$4.20	V
Sweet Chilli Twister Wrap- 2 Chicken Tenders, Lettuce, Tomato, Sweet Chilli Sauce & Lite Mayo		\$6.30	
JUMBO Chicken Wrap - 2 Chicken Tenders, Lettuce Lite Slice Cheese & Salsa		\$6.30	

SALAD PACKS

Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Beetroot & Egg	\$6.30	⊙⊙⊙ V
Salad Box (Deluxe)	\$7.00	⊙⊙⊙ V
All Of The Above + Ham, Chicken or Tuna		GF

EXTRAS

Tomato Sauce	\$0.30
Salad Dressing	\$0.50
Lunch Bags	\$0.10

DRINKS

600ml Water	\$2.00	GF
250ml Milk (Low Fat)	\$2.50	GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.50	GF
Orange, Apple or Tropical		
Aqua Fruits Flavoured Springwater	\$2.50	GF
Cola, Blue Heaven or Apple Raspberry		

FROZEN TREATS AND SNACKS

Frozen 100% Juice Tubes	\$1.20	GF
Frozen Skim Milk Tubes	\$1.50	GF
Chocolate or Blue		
Frozen Pineapple UFO's	\$0.60	GF
Frozen Yoghurt Tubs Strawberry	\$2.20	GF
Streets Choc Shake Cup	\$2.20	
Streets Paddle Pop	\$1.80	

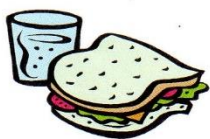
Every Day Foods

Select Carefully foods

V Denotes Vegetarian

GF Denotes Gluten Free.

Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices



OPEN
WED, THURS & FRI

If your child has any food allergies please mark very clearly on lunch bag