Food For Thought



As at 30 January 2018

Open Monday, Wednesday & Friday Only

MENU	LUNCH ORDERS		Hot Foods Continued	
In order to assist parents in controlling the items purchased by their children for lunch, we have developed several lunch "combo's" that provide a balanced selection of items, the prices of these "combo's" has been discounted from the normal retail price list.	Raisins Apple Nice & Natural Muesli Bars Fruit Hitz Muffins (Blueberry/Chocolate)	.30 1.00 1.00 1.00 1.50	Butter Chicken Wrap Cheesey BBQ Chicken Wrap Hot Ham &Cheese Roll 3 Chicken Nuggets UFO-3 nuggets & lettuce on hamburger bun (tomato sauce or mayo on request) Macaroni Cheese meal	3.50 2.50 1.50 2.50 3.50
DAILY COMBOS Combo A \$4.50 Pie Muffin Apple + Fruit Juice \$6.00	Fandwiches Ham Sandwich Cheese Sandwich Egg Sandwich Salad Sandwich Toasted Sandwich One Filling Two Fillings	2.00 2.00 2.00 3.50 2.00 2.50	Sushi – 6 Pieces Salmon & Avocado Chicken Teriyaki Tuna Chicken on Rice – Teriyaki Chicken on Rice – Teriyaki Chicken with mayo	5.50 5.50 5.50 5.50 5.50
Combo B \$4.50 Hot Dog Muffin Apple + Fruit Juice \$6.00	Ham Cheese Tomato Spaghetti Hot Foods	2.50	Beverages Mineral Water Primo chocolate milk Aqua Lite - Lemonade	2.00 2.00 2.00
Combo C \$4.50 Pizza Muffin Apple + Fruit Juice \$6.00	Noodles – chicken Goodtime Pies Mince Mince & Cheese Apple Pie Low fat Sausage Rolls American Hot Dog Pizza – Hawaiian - Meat Lovers Spaghetti&Cheese Roll Pork Steamed Bun	2.50 2.50 2.50 2.50 2.50 2.50 2.50 2.50	Charlies Juice Pouch (orange or blackcurrant) Frozen Juicey's Moosies - Chocolate	2.00 1.00 1.50