Food For Thought



As at 05 February 2020

Open Monday, Wednesday & Friday Only

	LUNCH ORDERS	Hot Foods Continued
M	Raisins .3 Apple 1.0 Nice & Natural Muesli Bars 1.0 Fruit Hitz 1.0 Muffins (Blueberry/Chocolate) 2.0	Nuggets 2.50 UFO- 3 nuggets & lettuce on 4.50 hamburger bun (tomato sauce or
E	SandwichesHam Sandwich3.0Cheese Sandwich3.0Egg Sandwich3.0Salad Sandwich3.5	O Salmon & Avocado 6.00 Chicken Teriyaki 6.00
	Toasted Sandwich One Filling Two Fillings Ham Cheese Tomato	Teriyaki Chicken on Rice Control Teriyaki Chicken on Rice with Mayo Control Crispy Chicken on Rice Control Crispy Chicken on Rice with Mayo Control Crispy Chick
N	Spaghetti Hot Foods Noodles – chicken Goodtime Pies Mince 4.5	(orange or blackcurrant) Frozen Juicey's 1.00
U	Mince & Cheese4.5Apple Pie3.5Low fat Sausage Rolls3.0American Hot Dog3.5Pizza – Hawaiian3.5- Meat Lovers3.5Spaghetti & Cheese Roll3.5Pork Steamed Bun3.5	Moosies - Chocolate 1.50