YUMMY TUMMY HOT FOOD

- Lazagna 97% fat free $4.20
- Macaroni/Cheese 97% fat free $4.20
- Fried Rice $4.20
- Omelette $1.60
- Porato Scallop (Term 2 & 3 Only) $1.60
- Chicken crumbed tender $1.80
- Pizza Slab (Ham&Peper or Margherita) $4.20
- Hot Dog with Mustard $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

SUPER SANDWICHES, ROLLS & WRAPS

Roll or Sandwich Wrap

- Vegemite $2.20 $2.80
- Cheese (Lettuce) $2.40 $3.00
- Egg & Lettuce $2.80 $3.20
- Ham (97% fat free) $3.00 $3.70
- Ham (97% fat free) & Salad $4.00 $4.65
- Tuna & Salad $4.00 $4.70
- Roast Chicken $3.30 $4.20
- Roast Chicken & Salad $4.30 $5.10
- Salads (Lettuce, Cheese, Tomato, Beetroot, Carrot & Cucumber) $3.60 $4.20

- Jumbo Wrap Chicken-2 Chicken Tenders, Lettuce, Lime Slice Cheese & Salsa $6.30
- Chill Chilli Twist Wrap-2 Chicken Tenders, Lettuce, Tomato, Sroat Chilli Sauce & Lime Nayo $6.30

TASTY JAFFLES

- Baked Bean & Cheese $3.20
- Spagueti $2.80
- Cheese (Lettuce) $2.80
- Ham (57% Fat Free & Cheese) $3.70

MRS MACS GOOD EATING RANGE

Hunt Foundation Approved, Reduced Fat, Low GI, No Added MSG
No Added Preservatives, or Artificial Colours

- 100% Vegetable Pasta $4.00
- Beef Pie $4.00
- Sausage Roll $3.00
- Peperoni Top Pie $4.00
- Tomato Sauce $0.30

SNACKS

- Coke Popcorn Sea Salt or Slightly Sweet $1.50
- JJ’s Chicken Crackers $1.50
- Red Rock Chips Honey/Soy $1.50
- Red Rock Chips Sea Salt $1.50
- Horse Style Cookies $2.00
- Gingerbread $1.50
- Ovaltine $1.20
- Fruit Jelly In Lime $1.50
- Yoghurt Floggs (5 for $1.00) $1.00

SALAD PACKS

Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Avocado, Beetroot and Egg GF $6.60
Salad Box (Dolux) $7.60
All Of The Above + Ham, Chicken or Tuna

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

EXTRAS

- Lunch Bags 10c
- Salad Dressing 50c

WRAP PACKS DEALS

VALUE PACK 1

Medium BBQ Chicken Wrap $7.40
you choose
100% Fruit Juice or Low Fat Milk
plan a 100% Frozen Fruit Tube

VALUE PACK 2

Medium Sletion Wrap 7.40
you choose
100% Fruit Juice or Low Fat Milk
plan a 100% Frozen Fruit Tube

DRINKS

- 600ml Water $2.00
- 250ml Milk (Low Fat) $2.50
- Chocolate, Strawberry
- Aqua Fruits Flavoured Springwater Cola/Blue
- Heaven or Apple/Raspberry $2.30
- 100% Fruit Juice 250ml $2.30
- Orange, Apple or Tropical

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

OPEN EVERY DAY

- Every Day Foods (eat most)
- Select Carefully foods (eat moderately)
- GF Gluton Free
- V Denotes Vegetarian

*****LUNCHES MUST BE ORDERED ONLINE*****

www.munchmonitor.com

Please be aware food items may contain nuts, traces of nuts, nut products or processed on the same equipment that has processed nut products.

EFFECTIVE FROM TERM 1 2016