

Warm Meals First Break Only

Monday

- Hot Dog with Sauce *tomato or BBQ* \$3.50
- Homemade Sausage Roll \$3.50
- Chicken Nuggets *Bag of 5* \$3.50
- Lite Party Pies *Bag of 2* \$2.50

MONDAY MEAL DEAL \$5.00 Includes a

popper and muffin with one of the above items

Tuesday

- Homemade Lasagne \$3.50
- Homemade Pizza \$4.50
- BBQ chicken, Ham, Cheese & Pineapple or Ham & Cheese*
- Cold Chicken Pasta \$3.50
- Chicken Nuggets *Bag of 5* \$3.50

Wednesday

- Homemade cheese burger \$4.50
- With salad* \$5.00
- Homemade chicken burger \$4.50
- With salad*
- Fish Burger *w/ Tartare sauce & lettuce* \$4.50
- Chicken Nuggets *Bag of 5* \$3.50

Thursday

- Sushi Tuna or Honey soy chicken \$4.50
- Fried Rice \$3.50
- Sweet & Sour Chicken *with rice* \$4.00
- Chicken Nuggets *Bag of 5* \$3.50

Friday

- Lite Party Pies *Bag of 2* \$2.50
- Hot Dog with sauce *tomato or BBQ* \$3.50
- Homemade Sausage Roll \$3.50
- Chicken Nuggets *Bag of 5* \$3.50



Breakfast

- Bacon & cheese muffin \$1.50
- Cup of seasonal fruit \$2.00
- Hashbrown \$1.00
- Tub of Vanilla Yogurt \$2.00
- topped with muesli or fruit or both \$2.50
- TUESDAY PRE ORDERS ONLY FOR WEDNESDAY**
- Bacon and Egg on Toasted Muffin \$3.00**

Sandwiches/Wraps

- Jam \$1.50
- Vegetmite \$1.50
- Plain egg \$2.60
- Egg and lettuce \$3.00
- Plain cheese \$2.00
- Plain ham \$2.50
- Ham and cheese \$3.00
- Ham, cheese and tomato \$3.50
- Ham and salad \$4.00
- Plain chicken \$3.50
- Chicken, lettuce and mayo \$3.50
- Chicken and salad \$4.00
- Sweet chilli chicken wrap (with nuggets) \$4.00
- with salad \$4.50
- Tuna w/ onion and mayo \$3.00
- All sandwiches and wraps available toasted free!**



Salad Bowls

- Garden \$4.50
- lettuce, tomato, cheese, cucumber, carrot*
- Greek \$4.50
- lettuce, cheese, tomato, olives, feta, cucumber*
- Shredded Summer \$4.50
- beetroot, carrot, cucumber & apple on bed of lettuce*
- Add .50c for chicken or tuna**

Tasty Treats



- Red Rock Deli Chips \$1.50
- Sea Salt or Honey Soy*
- Grain Waves \$1.50
- Muffins \$1.00
- Boiled egg \$1.00
- Whole piece of seasonal fruit \$1.00
- Pikelets \$1.00
- Apple slinky \$1.20
- Slinky your apple \$0.20
- Celery, carrot veggie stix w/cheese \$1.50
- Garlic Bread \$1.50

Chilled Snacks

- All Natural Ice Blocks \$2.00
- Mango, raspberry split, choc milk*
- Boysenberry frozen yoghurt \$2.00
- Fruit Trio Ice Blocks \$1.00
- Watermelon, orange, apple, cola, raspberry, lemonade.*
- Small juice cups \$0.20

Drinks

- Bottled water 600ml \$1.50
- Juice popper 250ml \$1.50
- Apple, Apple & Blackcurrant, Tropical or Orange*
- Breaka flavoured milk 300ml \$2.00
- Chocolate, banana or strawberry*