

## Munch Crunch N Sip

Jelly	\$1	Snap Apart	\$1	Juice Poppers 100%	\$1.50
Homemade Fresh Muffins	\$1.50	Zooper Dooper	\$1	Water 350ml	\$1.50
Popcorn	\$1	Frozen Jelly	\$1	Water 600ml	\$2
Noodles	\$1	Ice Block	\$1	Oak Flavoured Milk	\$2.50
Rice Wheels	\$1.20	Juice Cup	\$1	Mineral Water Quench	\$2.50
Red Rock Chips	\$1.50	Ice Cream Cup	\$1.50	Fresh Milkshake w/ice cream	\$3
		Ice Mony	\$1.50		
		Paddle Pop or Moosie	\$2		

## Lunch Packs Combos

Simply choose one item from each box below

1

Hot Dog

4 Nuggets

Homemade Sausage Roll

Salad Sandwich

3 Party Pies

Nachos

2

Apple

Mandarin

Popcorn

Muffin

3

Popper

Water

OR

upgrade to an Oak Milk for an extra 50 cents

All for

**\$5**

### Healthy Kids reward program

Simply Purchase a piece of fruit or healthy sandwich to receive a rewards card. After the fifth purchase your sixth purchase of the previous five is **free!**

Encouraging your kids to make healthy choices!



## Gluten Free Items

Hash Brown

Lasagne

Sausage Roll

All Sandwiches – Please request on bag for gluten free bread (Additional charge)

All Salads

Popcorn

# Fresh Start Canteens



# Fresh Starts Menu

## Breaky and Healthy

### Snacks

Cereal or Juice in a Cup	\$1	Watermelon Cup	\$1.50	Apple	\$1
Hash Brown	\$1	Pancakes	\$2	Grapes Cup	\$1.50
Hot Chocolate	\$1	Vanilla Yoghurt Cup	\$1	Fruit Salad Cup	\$1.50
Homemade Fresh Muffins	\$1			Diced Vege Cup	\$1.50

## Fresh Sandwiches and

Vegemite	<b>Wraps</b>	\$1.50	Tuna, Lettuce and Mayo	\$3.50	Tuna and Salad	\$4
Jam		\$1.50	Salad	\$3.50	Chicken and Salad	\$4
Cheese		\$2	Chicken, Lettuce and Mayo	\$3.50	Chicken, cheese and Salad	\$5
Ham		\$2.50	Ham, Cheese and tomato	\$3.50		
Ham and Cheese		\$3	Ham and Salad	\$4		

Prices above are for a sandwich. Upgrade to a wrap for \$1 or Focaccia for \$1.50. Choice of white or wholemeal.

## Fresh Subs

### Meats Available

Chicken Schnitzel  
Chicken Breast  
Ham  
Tuna  
Italian Meatballs

### Condiments

Avocado Carrot  
Cheese  
Cucumber  
Onion Olives  
Tomato  
Lettuce

### Dressings

Caesar Tomato  
Garlic Aioli BBQ  
Ranch  
Mayo

Build your own sub, Includes: 1  
choice of meat and any  
condiments or dressings!

**For \$6**

Extra Meat is \$2 per serve

Add a Water for \$1

## Fresh Salads

Garden Salad (Lettuce, Tomato, Carrot, Cucumber)

Regular \$3.50 w/ Meat \$4.50

Large \$5 w/Meat \$6.50

Add a Water for \$1

Free Dressing Choice: Italian, French or Caesar

Caesar Salad (Lettuce, Bacon, Croutons, Cheese and Dressing)

Baby Spinach Salad (Baby Spinach, Cherry Tomatoes, Olives, Cucumber, Cheese)

Vegetarian Salad (Zucchini, Capsicum, Onion, Lettuce, Corn, Drizzle of Vinaigrette)

Pasta Salad (Pasta, Tomatoes, Cheese, Corn, Onion in a Creamy Mayonnaise base)

Regular \$4 w/ Meat \$5

Large \$5.50 w/ Meat \$6.50

## Tasty Tempters

Nachos	\$2.50
Nuggets	6 for \$4
Party Pies	\$1each
Homemade Sausage Roll	\$3
Mamee Noodle Cup (Chicken or Beef)	\$3
Wedges	\$3.50
Hot Dog	\$3.50

Pita Pizza –Mon to Thurs only Cheese \$3 OR Meat \$4.50

Large Pie \$4

Sweet Chilli Wrap \$4

Beef Burger w/Cheese \$4

Lasagne \$4.50

Spaghetti Bolognese or Meatball Pasta \$4.50

Loaded Beef Burger w/Salad \$5

Chicken Fillet Burger w/lettuce & mayo \$5

Sushi Roll and Water Combo (Tuesday/Thursday only) \$5.50