

# JUNIOR LUNCH MENU

## Health Rating System

- Green – great foods for daily consumption balanced item of Energy, Vitamins and Minerals
- Amber – select carefully energy based item / combine with a green item for minerals and vitamins
- Red – only available on special days twice per term, large portion treat foods (Cup Cakes / Sweet Pastries)

## DAILY HOT MEALS

M – MEAL SIZE | S – SNACK SIZE

CHEF MADE PASTA BOLOGNAISE WITH CHEESE ●	M \$8.30 S \$6.30
AUTHENTIC BUTTER CHICKEN WITH A RICE BLEND ●	M \$8.30 S \$6.30

## HEALTHY SANDWICHES & SALADS

SIMPLE SANDWICHES - 7 options ●	from \$3.90
GOURMET WRAPS - 4 options ●	from \$5.90
WHOLEMEAL TURKISH TOASTIES - 9 options ●	from \$3.70
MYO GARDEN SALAD - 6 options ●	from \$5.90
MYO NUT FREE PESTO PASTA SALAD - 3 Options ●	from \$6.95

## FRESH MADE SUSHI & RICE PAPERS

FRESH MADE NORI ROLLS	\$4.40
– SUSHI GRADE SALMON & AVO ●	
– TERRIYAKI CHICKEN & CUCUMBER ●	
– TUNA BLEND WITH CUCUMBER ●	
– JUST AVOCADO ●	
– PANKO CHICKEN & LETTUCE ●	
RICE PAPER ROLLS	\$2.50
– HOISIN CHICKEN & VEGETABLES ●	
– AVOCADO & CRISP VEGETABLES ●	

## WARM PASTRIES & LIGHT SNACKS

MINI GARLIC BREAD LOAF ●	\$2.40
CHICKEN TENDERS & TANGY BBQ SAUCE ●	\$4.90
CLASSIC HAM & CHEESE SOURDOUGH TOASTIE ●	\$5.50
VEGEMITE & CHEDDAR TURKISH TOASTIE ●	\$4.50
DELUXE CHICKEN, AVOCADO & MOZZARELLA TURKISH ●	\$6.30
BEEF SAUSAGE ROLL W  SAUCE ●	\$3.80
BABY BEEF PIE W  SAUCE ●	\$2.40
SPINACH & CHEESE FLAKY ROLL WITH SAUCE ●	\$4.50

# SNACKS & TREATS MENU

## HEALTHY CHOICES

WHOLE FRUIT ● – APPLE   BANANA	\$1.00
SEASONAL FRUIT BOWLS ● – MELON & BERRY – FRUIT SALAD	\$3.40
SEASONAL FRUIT BOWLS ● – ORANGE	\$3.00
CLASSIC YOGHURT POT W  FEATURE FRUITS ●	\$4.20
CRACKERS & CHEESE CUP ●	\$3.70
CRUNCH & MUNCH VEGIES & DIP ●	\$3.70
BLISS BALL ● – RASPBERRY LAMINGTON	\$3.40

## SNACKS & BAKED TREATS

CRISPY FRUIT PACK (GF) ●	\$3.00
EUCALYPTUS DROPS ●	\$1.50
YOGURT FROG TUB (96% FAT FREE) ●	\$2.00
GLUTEN-FREE CRACKERS ●	\$2.20
GRAIN WAVES & SUNBITES ●	\$2.20
POPCORN BAG (GF) ●	\$2.40
MINI CHOC-CHIP COOKIE ●	\$1.50
FRESHLY BAKED MINI MUFFIN ●	\$2.00
MINI WARM BANANA LOAF W  BUTTER ●	\$2.50
WARM CHEESE & TOMATO CROISSANT ●	\$3.90
TOASTED BAGEL W  CREAM CHEESE ●	\$3.60

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CLASSIC HAM & CHEESE SOURDOUGH TOASTIE ●	\$5.50
VEGEMITE & CHEDDAR TURKISH TOASTIE ●	\$4.50
MINI GARLIC BREAD LOAF ●	\$2.40
CHICKEN TENDERS & TANGY BBQ SAUCE ●	\$4.90
BEEF SAUSAGE ROLL W  SAUCE ●	\$3.80
BABY BEEF PIE W  SAUCE ●	\$2.40
SPINACH & CHEESE FLAKY ROLL WITH SAUCE ●	\$4.50

## ICEY TREATS

JUICIES ICEY STICKS ● – LEMONADE	\$2.50
TWISTED FROZEN YOGHURTS ● – WATERMELON & MANGO – CHOCOLATE & VANILLA	\$4.20
REAL FRUIT SLUSHIES ● – (99% FAT FREE, GF & DF)	\$2.50
VANILLA DIXIE CUPS ●	\$3.00
MOOSIES MILKY FREEZE ● – CHOCOLATE	\$3.20

# BEVERAGE MENU

## COLD DRINKS

BOOST JUICES 350ML ●	\$4.70	ALTERNATIVE MILKS	+30c
JUICE FARM 250ML ●	\$3.80	– OAT ●	
JUICE BOMB CANS ●	\$3.80	– SOY ●	
KOMBUCHA CANS ●	\$4.50	FLAVOURED SYRUPS	+30c
JUST JUICE BOXES ●	\$2.50	– VANILLA	
FLAVOURED MILK BOXES ●	\$3.50	– CARAMEL	
STILL WATER ●	\$3.00		
SPARKLING WATER ●	\$3.90		
CHILL ALOE JUICE ●	\$4.50		
ICED DRINKS	\$4.70		
– CHOCOLATE ●			
– CHAI ●			