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DAILY SPECIALS

MONDAY

	RATING	KJ	ITEM $	COMBO $
Lasagne Beef 220gm	G	1210	$ 3.80 H	$ 5.30
Fried Rice Vegetarian 200gm	G	1260	$ 3.80 H	$ 5.30
Cheese & Spinach Roll	A	1670	$ 3.90 H	$ 5.40
Pasta Carbonara Chicken	A	1360	$ 4.50 H	$ 6.00

TUESDAY

	RATING	KJ	ITEM $	COMBO $
Sushi - Chicken Schnitzel, Cucumber	G	720	$ 3.20 H	$ 4.70
Sushi - Tuna Cucumber, Mayonnaise	G	685	$ 3.20 H	$ 4.70
Pumpkin Soup Terms 2 and 3 Only	G	990	$ 4.00 H	$ 5.50
Pasta Bolognese	G	1170	$ 4.50 H	$ 6.00
Cheese & Spinach Roll	A	1670	$ 3.90 H	$ 5.40

WEDNESDAY

	RATING	KJ	ITEM $	COMBO $
Sushi - Chicken Schnitzel, Cucumber	G	720	$ 3.20 H	$ 4.70
Sushi - Tuna Cucumber, Mayonnaise	G	685	$ 3.20 H	$ 4.70
Lasagne Beef 220gm	G	1210	$ 3.80 H	$ 5.30
Tabouli Salad	G	680	$ 4.00 H	$ 5.50
Falafel (2) & Tabouli Salad	G	1440	$ 5.00 H	$ 6.50
Chicken Kebab & Tabouli Salad	G	970	$ 5.50 H	$ 7.00
Spicy Wings (2) & Tabouli Salad	G	1315	$ 5.50 H	$ 7.00
Pasta Carbonara Chicken	A	1360	$ 4.50 H	$ 6.00
Prawn Dumplings x 5	A	913	$ 5.00 H	$ 6.50

THURSDAY

	RATING	KJ	ITEM $	COMBO $
Pumpkin Soup Terms 2 and 3 Only	G	990	$ 4.00 H	$ 5.50
Tabouli Salad	G	680	$ 4.00 H	$ 5.50
Pasta Bolognese	G	1170	$ 4.50 H	$ 6.00
Falafel (2) & Tabouli Salad	G	1440	$ 5.00 H	$ 6.50
Chicken Kebab & Tabouli Salad	G	970	$ 5.50 H	$ 7.00
Spicy Wings (2) & Tabouli Salad	G	1315	$ 5.50 H	$ 7.00
Cheese & Spinach Roll	A	1670	$ 3.90 H	$ 5.40
Prawn Dumplings x 5	A	913	$ 5.00 H	$ 6.50

FRIDAY

	RATING	KJ	ITEM $	COMBO $
Fried Rice Vegetarian 200gm	G	1260	$ 3.80 H	$ 5.30
Tabouli Salad	G	680	$ 4.00 H	$ 5.50
Fish Fillet Burger Lettuce, Tomato, Mayo	G	1495	$ 4.50 H	$ 6.00
Falafel (2) & Tabouli Salad	G	1440	$ 5.00 H	$ 6.50
Chicken Kebab & Tabouli Salad	G	970	$ 5.50 H	$ 7.00
Spicy Wings (2) & Tabouli Salad	G	1315	$ 5.50 H	$ 7.00
Pizza - Margarita Cheese, Sauce	A	910	$ 3.70 H	$ 5.20
Pizza - Pepperoni Cheese, Sauce	A	1085	$ 4.00	$ 5.50
Pasta Carbonara Chicken	A	1360	$ 4.50 H	$ 6.00
Prawn Dumplings x 5	A	913	$ 5.00 H	$ 6.50

eftpos

Recommended Daily Kilojoule Intake

Females Age 12 to 15 - 9,550 KJ
Males Age 12 to 15 - 10,900 KJ
Females Age 16 to 18 - 10,200 KJ
Males Age 16 to 18 - 12,900 KJ

All Menu Items are Rated Green (G) or Amber (A) Items marked "H" use Halal ingredients

EFTPOS is available. 10c fee applies. minimum spend $2.50

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YOUR HIGH SCHOOL - EVERYDAY MENU

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BREAKFAST

	RATING	KJ	ITEM $	COMBO $
Assorted Whole Fruit Pieces From	G	165	$ 1.00	
Toasted Cheese & Tomato Wrap	G	995	$ 3.50 H	$ 5.00
Yoghurt With Berries	G	835	$ 3.50 H	$ 5.00
Fruit Salad Seasonal Fruit	G	565	$ 4.00	$ 5.50
Hash Brown	A	560	$ 1.00 H	
Toasted Cheese Wrap	A	945	$ 2.50 H	
Bacon & Egg Roll	A	1280	$ 3.50	$ 5.00

SANDWICHES

	RATING	KJ	ITEM $	COMBO $
Egg & Lettuce	G	945	$ 3.50 H	$ 5.00
Roast Chicken, Lettuce & Mayo	G	1005	$ 3.50 H	$ 5.00
Ham, Cheese & Tomato	G	1095	$ 3.50 H	$ 5.00
Roast Chicken & Cheese	G	1095	$ 3.50 H	$ 5.00
Roast Chicken, Cheese & Tomato	G	1155	$ 3.50 H	$ 5.00
Salad Lettuce, Tomato, Beetroot, Carrot, Cucumber	G	865	$ 3.50 H	$ 5.00
Sweet Chilli Chicken, Lettuce & Mayo	G	1065	$ 4.00 H	$ 5.50

WRAPS & SUBS

	RATING	KJ	ITEM $	COMBO $
Salad Lettuce, Tomato, Beetroot, Carrot, Cucumber	G	1065	$ 4.00 H	$ 5.50
Caesar Lettuce, Egg, Bacon, Croutons	G	1370	$ 4.30	$ 5.80
Sweet Chilli Chicken Lettuce, Tomato	G	1610	$ 4.50 H	$ 6.00
Roast Chicken Lettuce, Mayo	G	1335	$ 4.50 H	$ 6.00
Falafel (2) & Hummus Wrap	G	1530	$ 4.50 H	$ 6.00
Ham & Salad	G	1095	$ 4.50	$ 6.00
Roast Beef & Salad	G	1195	$ 4.50	$ 6.00
Toasted Chicken Wrap Cheese & BBQ	A	1590	$ 4.50 H	$ 6.00
Toasted Sweet Chilli Tenders Wrap	A	1585	$ 4.50 H	$ 6.00
Chicken Caesar Lettuce, Egg, Bacon, Croutons	A	1745	$ 5.30	$ 6.80

BURGERS

	RATING	KJ	ITEM $	COMBO $
Chicken Burger Lettuce, Tomato, Mayo	G	1575	$ 4.50 H	$ 6.00
Beef Burger Lettuce, Tomato, Beetroot, BBQ	G	1530	$ 4.50 H	$ 6.00
Cheese Burger Beef, Tomato Sauce	A	1695	$ 4.50 H	$ 6.00

TASTY BITES

	RATING	KJ	ITEM $	COMBO $
Chicken Kebab	G	615	$ 2.00 H	
Nachos Vegetarian Salsa, Lettuce	G	1095	$ 4.80 H	$ 6.30
Nachos Box Bolognese, Tomato, Lettuce	G	1560	$ 5.00 H	$ 6.50
Garlic Bread	A	635	$ 2.00 H	
Potato Wedges Cup	A	805	$ 2.50 H	
Hot Dog (Chicken) Add Cheese 20c	A	1380	$ 3.00 H	$ 4.50
Cup of Noodles Chicken, Beef, Tom Yum	A	1365	$ 3.00 H	$ 4.50
Chicken Nuggets x 5	A	714	$ 3.00 H	$ 4.50
Spicy Wings (2) & Wedges	A	1495	$ 4.80 H	$ 6.30
Butter Chicken Authentic Sauce & Steamed Rice	A	1795	$ 5.00 H	$ 6.50

PIES & PASTRIES

	RATING	KJ	ITEM $	COMBO $
Sausage Roll	A	1440	$ 3.00 H	$ 4.50
Meat Pie	A	1830	$ 3.30 H	$ 4.80
Potato Pie	A	1650	$ 3.90 H	$ 5.40

SALADS

	RATING	KJ	ITEM $	COMBO $
Garden Lettuce,Tomato, Cucumber, Carrot, Capsicum, Beetroot	G	345	$ 4.00 H	$ 5.50
Caesar Lettuce, Bacon, Egg, Croutons	G	1015	$ 4.00	$ 5.50
Chicken Pasta Salad	G	1095	$ 4.50 H	$ 6.00
Greek Tomato, Cucumber, Olives, Fetta, Capsicum	G	885	$ 4.50 H	$ 6.00
Chicken Caesar Lettuce, Bacon Egg Croutons	G	1515	$ 5.00	$ 6.50
Crispy Noodles & Chicken + Salad	G	1085	$ 5.00 H	$ 6.50
Chicken Kebab & Garden Salad	G	635	$ 5.50 H	$ 7.00
Spicy Wings (2) & Garden Salad	G	1025	$ 5.50 H	$ 7.00

PRE ORDER MADE TO ORDER

	RATING	KJ	ITEM $	COMBO $
Wrap - Ham & Salad	G	1095	$ 4.50	$ 6.00
Wrap - Roast Beef & Salad	G	1195	$ 4.50	$ 6.00
Wrap - Turkey & Salad	G	1085	$ 4.50 H	$ 6.00
Wrap - Falafel (2) & Hummus	G	1530	$ 4.50 H	$ 6.00
Wrap - Falafel (2) Hummus & Tabouli	G	1795	$ 5.30 H	$ 6.80
Sandwich - Chicken & Cheese	G	1095	$ 3.00 H	$ 4.50
Sandwich - Chicken, Cheese & Tomato	G	1155	$ 3.50	$ 5.00
Salad - Tabouli	G	680	$ 4.00 H	$ 5.50
Salad - Falafel (2) & Tabouli Salad	G	1440	$ 5.00 H	$ 6.50
Sushi - Chicken Schnitzel, Cucumber	G	720	$ 3.20 H	$ 4.70
Sushi - Tuna Cucumber, Mayonnaise	G	685	$ 3.20 H	$ 4.70
Turkish Bread - Roast Chicken Avocado, Sundried Tomato, Cheese	G	2125	$ 5.50 H	$ 7.00
Turkish Bread - Vegetarian Roasted Veges, Cheese	G	1690	$ 5.50 H	$ 7.00
Turkish Bread - Turkey Cranberry Sauce, Cheese	G	1825	$ 5.50 H	$ 7.00
Lasagne Beef 450gm	A	1995	$ 5.50 H	$ 7.00

DRINKS

	RATING	KJ	ITEM $	COMBO $
Water 600ml	G	0	$ 2.00	$ 1.50
Flavoured Milk 300ml	G	795	$ 2.40	
Up 'N' Go 250ml	G	823	$ 2.50	
Apple Juice 350ml 100% Juice	G	600	$ 2.80	
Orange Juice 350ml 100% Juice	G	485	$ 2.80	
Hot Chocolate	A	365	$ 2.00	
Soft Drink 375ml Various Diet	A	5	$ 2.20	$ 1.50
Iced Tea or Aloe Vera 500ml	A	294	$ 3.50	
Flavoured Milk 600ml	A	1590	$ 3.60	
Iced Coffee 500ml	A	1715	$ 3.80	
Pump Sports Water 750ml	A	300	$ 3.80	
Soft Drink 600ml Various Diet	A	8	$ 3.80	
Powerade 600ml Sugar Free	A	41	$ 4.00	

$1.50 COMBO DEAL $1.50

Choose From Any One Of These

Bottled Water 600ml
Soft Drink 375ml
Flavoured Milk 300ml