

Breakfast

Homemade Baked Daily Muffins	3.5
In house muesli with mixed berries or FFS	4.5
Natural Yoghurt with mixed berries (v,gf)	4.5
Fresh Fruit Salad (v,gf)	4.5
Almond or Chocolate Xant	3.5
Plain Xant	3.5
Ham & Cheese Xant	4.5
Bacon & Egg Roll	4.5
Cheese & Tomato Omelette	4.5

Drinks

Milk	
-350ml	2
-500ml	3
-1LT	3.50
Nudies juices made with REAL fruit 250ml	4
-cranberry & raspberry	
-mango & passionfruit	
-green super juice	
Nudies Juices made with REAL fruit 400ml (orange & apple)	4.5
Bottled Spring Water	2
Emma & Toms Flavoured Milk Chocolate or Strawberry	4
Emma & Toms made with REAL fruit 400ml	4.5

Snacks

Fresh Fruit (orange, apple & banana)	1
Carrots sticks & Humus (v,gf)	2.5
Bryon Bay Cookies (gluten free option available)	3.50

Sushi (Monday , Tuesday & Friday)

Rolls \$4.5

Teriyaki Chicken & cucumber	
Cooked Tuna & cucumber	
Chicken Schnitzel & cucumber	
Veggie (kimchi, avocado, mushroom & tofu) brown rice (v)	
Veggie (avocado) brown rice (v,gf)	

Boxes \$6 (15 pieces)

Mixed baby boxes (avocado, cucumber & cooked tuna)	
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Every day

Freshly baked home-made Pies	5.5
Soup (Seasonal)(v,gf)	5
Frittata (v,gf)	4.5

Selection of Sandwiches \$4.5

- Chicken Schnitzel, avocado , lettuce & mayo
- Chicken Mayo
- Turkey, cranberry , rocket & brie
- Ham, cheese & tomato
- Bacon, lettuce, avocado & tomato
- Salami, cheese , sundried tomato & spinach
- Pulled pork & coleslaw
- Tuna Mayo Wrap (v)
- Falafel, tabouli & hummus (wrap) (v)
- Salad (lettuce, tomato, cucumber, carrot, beetroot & avocado) (v)
- Cheese & Salad (v)

Selection of Sandwiches Gluten Free \$4.5

- Ham cheese & tomato
- Chicken Mayo
- Cheese & Salad (v)
- Turkey cranberry & brie
- BLAT (bacon lettuce avo & tomato)

Selection of Salads \$5.5

- Chicken Schnitzel
- Smoked Ham (gf)
- Roasted Pumpkin , spinach & Feta (gf,v)
- Falafel & hummus

Carrots & hummus	2.5
Cheese & Crackers (gf crackers available)	2.5

Monday

Recess

- Crispy Southern Style Drum Sticks \$4
- Cheese & Spinach Rolls (v) \$3.5
- Corn on the cob with butter & sea salt \$2.5 (v,gf)

Lunch \$6

- Bolognese Ragu with pasta & parmesan (please pre-order gluten free pasta)
- Potato Gnocchi with a tomato & basil sauce (v)

Tuesday

Recess

- Chicken Steamed Dim Sims (2) \$4.5
- Veggie Spring Rolls \$3.50 (v)

Lunch \$6

- Chicken & Veggie Massaman Curry with Steamed Jasmine Rice

Pumpkin ,potato & chix pea Korma with Steamed Jazmine Rice

Wednesday

Recess

Wedges Potatoes with sweet chilli \$4 (v,gf)

Chicken Tenderloins \$4.50

Homemade Sausage Rolls \$4.50

Lunch \$6

Homemade Mini Meatballs with a tomato sauce & pasta

Mac & Cheese Pasta

Thursday

Recess

Cajun Chicken Tenderloins \$4.5

Chicken Dim Sims \$4.5

Lunch \$6

Chicken & Veggie Italian Risotto

Stir- Fry Hokkien Noddles with Seasonal Veggies

Friday

Sweet Potato Tempura \$3.50 (v)

Homemade Pork Sausage Rolls \$4.50

Lunch \$6

Fish & chips

Roasted Jacket Potato with baked beans / chilli con cone / cheese & bacon