**WINTER MENU 2016**

**BREAKFAST**  
- 8.05am to 8.40am -

- $4.00  Bacon & egg roll (*free range eggs*) *(gf wrap, order only)*
- $2.50  Plain croissant
- $3.00  Plain croissant with jam & butter
- $4.00  Ham & cheese croissant
- $3.00  Toasted banana bread
- $4.50  Yoghurt with pureed fruit & home-made granola
- $3.50  Daily freshly baked muffins - fruit/chocolate chip
- $2.50  Hot chocolate with marshmallow *(Terms 2 & 3)*

**RECESS**  
- 10.45am to 11.05am -

**AVAILABLE FOR RECESS ONLY:**

- **Chicken schnitzel snack wrap:**
  - $1.50  Plain - chicken schnitzel, lettuce, mayo
  - $2.00  Zinger - chicken schnitzel, lettuce, cheese, chipotle mayonnaise

**RECESS & LUNCH**  
- 10.45am to 11.05am - | - 12.55pm to 1.35pm -

**SELECTION AVAILABLE DAILY FOR RECESS AND LUNCH:**

- $4.50  Fruit salad
- $5.00  Fruit salad w/ yoghurt
- $3.50  Assorted sushi *(gf)*
  - Chicken & avocado
  - Cooked tuna & avocado
  - Crumbed chicken schnitzel & lettuce
- $3.50  Gyoza
- $2.00  Hot roast beef roll with gravy

**Daily pasta:**
- $4.00  Penne pasta with tomato & basil sauce *(gf order only)*
- $5.00  Penne pasta with bolognese sauce *(gf order only)*
- $6.00  Beef tortellini with creamy bacon spinach & sundried tomato sauce

**Assorted wraps & rolls:**
- $5.00  (Regular) Chicken celery lettuce & mayonnaise *(gf wrap, order only)*
- $7.00  (Jumbo) Chicken celery lettuce & mayonnaise
- $5.00  (Regular) Tuna lettuce & caper mayonnaise baguette *(gf wrap, order only)*
- $7.00  (Jumbo) Tuna lettuce & caper mayonnaise baguette
- $4.00  (Regular) Ham cheese & salad *(gf wrap, order only)*
- $6.00  (Jumbo) Ham cheese & salad
- $4.00  Salad *(gf wrap, order only)*
- $4.50  (Regular) BLT *(gf wrap, order only)*
- $6.50  (Jumbo) BLT
- $5.00  (Regular) BLAT *(gf wrap, order only)*
- $7.00  (Jumbo) BLAT
- $4.50  (Regular) Chicken schnitzel roll with cheese lettuce sour cream & sweet chilli
- $7.00  (Jumbo) Chicken schnitzel with cheese lettuce sour cream & sweet chilli
- $5.00  Tuna mayonnaise & caper baguette *(gf wrap, order only)*
- $6.00  Pulled pork roll with chipotle slaw *(gf wrap, order only)*

*NB: Create your own roll, wrap or salad plate is available on our online ordering on ATLAS.*
Assorted hot options:
$4.00  Premium meat pie  
$4.50  Thai chicken pie  
$4.00  Potato pie  
$3.50  Sausage roll  
$2.00  Garlic bread  
$6.00  Weekly soup special with dinner roll

AVAILABLE MONDAY:
$6.50  Beef & bean nachos with sour cream and guacamole (gf)

AVAILABLE TUESDAY LUNCH:
$6.00  Thai style fried rice (gf, order only)  
$7.00  Slow cooked massaman beef curry w/ steamed rice (gf)  
$7.00  Beef goulash w/ mashed potato

AVAILABLE WEDNESDAY LUNCH:
$4.00  Steamed pork bun – pack of 3  
$2.00  Large steamed chicken dim sim w/ soy sauce  
$6.00  Soup special w/ crusty dinner roll

AVAILABLE THURSDAY LUNCH:
$5.00  Caesar salad (pre-order only) (gf)  
$6.00  Chicken Caesar salad (gf)  
$6.00  Indonesian hokkien noodle w/ chicken & vegetable  
$6.00  Butter chicken

DRINKS
$2.00  Water – 600 ml  
$2.50  Sparkling mineral water  
$3.00  Pump water – 750 ml  
$2.50  Chill aloe vera water  
    Original  
    Peach  
    Lychee  
    Grape

$2.00  Moove bottle 300ml  
    Chocolate & strawberry

$3.50  Classic milk large 500ml  
    Chocolate & strawberry

$2.50  UP&GO Choc Ice  
$2.50  Nippy’s 375 mls  
    Iced chocolate  
    Iced coffee  
    Iced mocha

$3.00  Goulburn Valley juice 350 mls  
    Tropical  
    Orange  
    Apple  
    Apple & blackcurrant

$1.50  Fruitbox 250 mls  
    Apple  
    Orange  
    Tropical  
    Apple & blackcurrant

$3.00  Fuze iced tea 500 mls  
    Lemon  
    Peach  
    Mango  
    Raspberry  
    Apple

$2.00  Appletiser  
$3.50  Powerade 600 mls  
    Gold Rush  
    Berry Crush  
    Mountain Blast  
    Lemon Lime  
    Blackcurrant

$2.00  Canned drinks  
    Orange & passionfruit mineral water  
    Orange lemon & lime mineral water

*NB. Only juice, milk and water sold at breakfast
SNACKS

$1.00  Plain bread roll
$1.00  Red Rock Deli chips (gf)
     Honey soy chicken
     Seasalt
$1.50  Smith’s chips (gf)
$1.00  Jumpy’s
$0.50  J.J. Noodle Snacks
$0.80  Sun Fruits lollies (gf)
$0.50  Eucalyptus Drops (gf)
$0.50  Butter-Menthol (gf)