Many more fresh and healthy items are available over the counter every day



WEEKLY SPECIALS

MONDAY SPECIAL		
Twisted Bolognaise	-	\$5.00 (E)
Lasagne Veggie or Beef	\cap	\$5.00 (E)
Oven Baked Hot chips		\$4.50 <mark>(0)</mark>
TUESDAY SPECIAL		
Lean Beef Cheeseburger	-	\$5.00 (E)
Mac and Cheese	-	\$5.00 (E)
 Pizza wrap (cheese, chicken, meat, veggie) 	-	\$5.00 (E)
WEDNESDAY SPECIAL		
Butter Chicken		\$5.00(GF)
 Fried Rice- Veggie or Traditional 	-	\$5.00(GF)
 Hot Dog (Chicken or Beef) 	-	\$3.50(O)
THURSDAY SPECIAL		
 Pizza wrap (cheese, chicken, meat, veggie) 	-	\$5.00 (E)
Mac and Cheese	-	\$5.00 (E)
Lasagne Beef or Veggie	-	\$5.00 (E)
FRIDAY SPECIAL		
 Fried Rice- Veggie or Traditional 	-	\$5.00(GF)
Chicken nuggets X 6	-	\$4.50 <mark>(</mark>)
 Pizza wrap (cheese, chicken, meat, veggie) 	-	\$5.00 (E)

Website: <u>www.aappleaday.com.au</u> Email: <u>fiona@aappleaday.com.au</u> Phone: 0435 720 413

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All noodles, drinks and frozen treats to be collected from canteen

CRUNCH & SIP

Only available before 9am Bottle Water 600ml Plus Piece of seasonal fruit \$2.00

Breakfast

Cheese Toast - \$0.50 (E) Bacon & Egg Muffin - \$2.50(O) Sausage & Egg Muffin - \$2.50(O) Hash Brown - \$1.00(O) Piece of Seasonal Fruit - \$1.00(E)

<u>Drinks</u>

Water Bottle 600ml	-	\$2.00 (E)
Water Bottle 250ml	-	\$1.00 (E)
Choc &Straw Milk	-	\$2.50 <mark>(0)</mark>
Juice Bomb – 250ml	-	\$2.50 (E)
Berri Juice	-	\$2.00 (E)

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Sandwiches (Fresh or Toasted)

- Vegemite, Jam or Honey-\$2.00 (O) •
- Cheese-\$2.50 (E) •
- Ham & cheese-\$3.50 (O) ٠
- Egg, Lettuce & Mayo-\$4.00 (E) ٠
- Salad-\$4.00 (E) Lettuce, tomato, cucumber, Carrot, Beetroot
- Chicken Lettuce & Mayo-\$4.50 (E)
- Tuna, Cucumber & Mayo-\$3.50(E)

Bread (White, wholemeal & Multigrain)

White Roll	\$0.50	
Wrap	\$1.00	
Gluten free (per Slice) (GF)	\$0.70	
Turkish bread	\$1.00	

Wraps

- Grilled chicken lettuce &sweet chilli sauce • -\$4.50 (E)
- Chicken schnitzel lettuce and mayo-\$4.50 (\mathbf{O})

Salads

- Grilled chicken with Garden Salad-\$4.50(E) (GF)
- Greek Salad-\$4.50 (E)

Made to Order Sandwiches, wraps and Salads prices vary

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Burgers

All burgers come with the sauce of your choice BBQ, Tomato, Mayo, Sweet chilli or Tartar Sauce

Extras (for salads, Burgers, Wraps

- Cheeseburger (Beef) Cheese -\$5.00 (E)
- Aussie Burger- Beef, Cheese, Tom, Lettuce, Beetroot -\$5.00(O)
- Veggie Burger Lettuce & Cheese \$5.00(E)
- Fish Burger- Baked fish fillet ,Lettuce-\$5.00(E)
- Chicken, (breast fillet) Lettuce & mayo-\$5.00 (E)

sandv	viche	es)			
Avocado		(E)	\$1.00		
Boiled E	gg	(E)	\$1.00		
Light Ha	m	(0)	\$1.00		
Cheese		(E)	\$0.50		
Tomato		(E)	\$0.50		
Beetroo	t	(E)	\$0.50		
Cucumb	er	(E)	\$0.50		
Carrot		(E)	\$0.50		
Lettuce		(E)	\$0.50		
<u> </u>	Hot F	oods			
Oven Baked Wedge's		- \$4.50	(O)		
Garlic Bread Roll		- \$2.50 (O)			
 Noodles (Beef or chicken) 		- \$3.50	(O)		
• Sausage Roll 160g		- \$3.50 (O)			
• Beef Pie 180g		- \$4.50 (0)			
Spaghetti Bolognese		-\$5.00 (E)			

Quick Fresh Snacks

- Watermelon \$1.00(E)
- -`\$2.50 (E) Yogurt
- Fresh fruit - \$1.00 (GF)
- Fresh Muffins \$1.50(E)

Icy Treats

- Frozen juice Cup-\$1.50 (E)
- Moosies-\$1.50(E)
- Snap Stix \$1.50 (E)
- Slushie 99.9% fruit Juice-\$2.00 (E)
- Paddle Pop \$2.00 (O)
- Peters Lifesaver- \$2.00 (O)
- Bulla ice cream \$1.50 (E)
- Ice Mony \$1.00(E)

Spoons	10c	
Forks	10c	
Sauce	30c	
Lunch bag	20c	

Food Codes

- **GF- Gluten Free**
- E Everyday
- O Occasional

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