

GF Wrap - Ham and Salad

Healthy, Interesting and Affordable Lunch Packs, Delivered to School AMSLEIGH PARK - Term 4 - Monday, Wednesday, Thursday and Friday! Order until 8:30am on the day! 2 Course Lunch Pack from \$6.45!

Choose a Main Course item, then select 1 or 2 Ite	ms from th	ne Snack/Dr	ink Menu to make up a 2 or 3 Course Lunch Pac	k
Main Course Menu	2 Course	3 Course	Snack/Drink Menu	
BAKERY All items freshly baked this morning!			FRESH FRUIT & VEGETABLES	
Cheese and Vegemite Scroll (V)	\$6.45	\$8.95	Apple pieces, Lemon juice, Cinnamon & Brown Sugar	+\$1.00
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95	Cantaloupe and Honeydew Pieces	+\$1.00
Topped with Only Cheese Roll (v)	\$6.45	\$8.95	Fresh Fruit Combo	+\$1.00
Cheese and Bacon Roll	\$7.45	\$9.95	Freshly Chopped Orange Segments	Included
Scroll with Ham and Cheese	\$9.95	\$12.85	Freshly Chopped Watermelon Pieces	Included
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65	Whole Fruit - Apple	Included
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PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QU	IESADILLA	. /	Bag of Grapes	Included
PUFF PARCELS Served at room temperature!		,	Carrot, Cucumber, Red & Yellow Capsicum	Included
Ricotta & Spinach Pastizzi (2) (//	\$7.45	\$9.95	Celery and Carrot Sticks with Sultanas	Included
Margherita Pizza TWIST (V)	\$8.95	\$11.45	Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
-	\$8.95	\$11.45 \$11.45		
Sausage Roll with Sauce	·	·	Corn Wheels & Lightly Steamed Broccoli	Included
Margherita PITA Pizza (V)	\$8.95	\$11.45	Edamame (Lightly Salted)	Included
Quesadilla (Chicken) served with Sour Cream (H)	\$10.95	\$13.65	Sugar Snap Peas, Beans and Cherry Tomatoes	+\$1.00
Tandoori Chicken Puff Parcel with Mango Chutney (H)	\$10.95	\$13.65		
Ham & Pineapple Pizza Slice	\$10.95	\$13.65	BAKERY - SWEET	
BBQ Chicken Pizza (H)	\$10.95	\$13.65	Choc Chip Cookie	Included
Lamb and Beef Gozleme (H)	\$13.45	\$15.45	Finger Bun with Sprinkles	Included
Mushroom and Spinach Gozleme (Vg)	\$13.45	\$15.45	Lamington	Included
Spinach and Cheese Gozleme (v)	\$13.45	\$15.45	"Not Cross" Bun	Included
			Cinnamon Doughnut	Included
SUSHI HAND ROLLS (2pc) Soy Sauce (GF) Provided			Cornflake Cookie	Included
Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75	Choc Cup Cake (GF/DF/Vg)	+\$1.00
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75	Blueberry Muffin	+\$1.00
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75	Jam Drop Biscuit (GF)	+\$1.00
Avocado Hand Rolls (GF, Vg)	\$11.50	\$13.75	Carrot Cup Cake (GF/DF/Vg)	+\$1.00
Cucumber Hand Rolls (GF, Vg)	\$11.50	\$13.75		
Vegetarian Hand Rolls (GF, Vg)	\$11.50	\$13.75	SUSHI	
Tofu Hand Rolls (GF, V)	\$11.50	\$13.75	1pc Tuna Sushi (GF)	+\$1.00
RICE PAPER ROLLS (2pc) (Wednesday, Thursday, Friday)			POPCORN / HARVEST SNAPS	
Chicken Rice Paper Rolls (GF, H)	\$13.45	\$15.45	Popcorn - Slightly Sweet, Lightly Salted	Included
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$15.45	Popcorn - Lightly Salted	Included
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SANDWICHES / ROLLS / WRAPS / SOFT SHELL TACOS				
Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$9.95	DRIED FRUIT / LEGUMES	
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.45	Lime & Black Pepper Chickpeas	Included
Soft Shell Chicken Taco with Salsa, Cheese & Salad (2)	\$9.95	\$12.85	Roasted Chickpeas	Included
Plain Cheese Sandwich (2) (v)	\$9.95	\$12.85	Balsamic & Sea Salt Fava Beans	Included
Simple Salad Roll (vg)	\$9.95	\$12.85	Dried Fruit Medley with Yoghurt Sultanas	+\$1.00
Cheese and Salad Roll (v)	\$10.95	\$13.65		ψσσ
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65	DIPS WITH MINI RICE CAKES / CORN CHIPS	\$
Roast Chicken and Salad Roll (#)	\$11.50	\$13.75	Tzatziki Dip with Mini Rice Cakes	+\$1.00
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75	Spring Onion Dip with Mini Rice Cakes	+\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75	Spicy Capsicum Dip with Mini Rice Cakes	+\$1.00
Mild Salami and Salad Roll	\$11.50	\$13.75	Avocado Dip with Mini Rice Cakes	+\$1.00
Wrap with Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)	\$12.75	\$14.95	Corn Chips with Salsa (GF)	+\$1.00
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SALADS / PICNIC BOXES / POKE BOWLS			YOGHURTS / BOWLS / CUPS	
Fresh Fruit Salad - Main Course Size (GF, Va)	\$11.50	\$13.75	Raspberry Jelly Cup	Included
Ham Picnic Box (GF)	\$11.50	\$13.75	Strawberry Yoghurt (Dairy Farmers)	+\$1.00
Vegetarian Picnic Box (GF, V)	\$11.50 \$11.50	\$13.75 \$13.75	Vanilla Yoghurt (Dairy Farmers)	
-	\$11.50 \$12.75	\$13.75 \$14.95	Chia Bowl with Banana, Coconut & Strawberries	+\$1.00
Greek Style Salad with Feta and Olives (GF, V) Mexican Inspired Salad with Corn Chips (GF, Vg)	\$12.75 \$12.75	\$14.95 \$14.95		+\$1.00
			Stewed Rhubarb and Apple with Custard	+\$1.00
Tortellini Pasta Salad (// (Wednesday, Thursday & Friday)	\$12.75	\$14.95 \$15.75	DDINKS	
Poke Bowl with Teriyaki Chicken (H)	\$13.45	\$15.45	DRINKS	
OF CAMPAGE CONTROL			Apple Juice (Nippy's) Included	4
GF SANDWICHES & WRAPS	440.5-	A-7 (-	Orange Juice (Nippy's) Included	mase:
GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65	Chocolate Milk (Nippy's) Included	200
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65	Strawberry Milk (Nippy's) Included	
GE Wran - Ham and Salad	¢12 75	¢1/, 05	Full Croam Milk Included	

GF = Gluten Free, DF= Dairy Free, H= Halal, V= Vegetarian, Vg= Vegan

\$14.95

Full Cream Milk

\$12.75

Included