

DELISH SCHOOL LUNCHES 2018
MIDDLE SCHOOL
MON / TUES / WED / THURS / FRIDAY

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| GARLIC BREAD | \$ 2.50 |
| AMERICAN HOT DOG | \$ 3.50 |
| SAMOSA x5 CHILLI SAUCE | \$ 2.50 |
| SPRING ROLLx5 CHILLI SAUCE | \$ 2.50 |
| PIZZA | \$ 3.70 |
| CINNAMON DOUGHNUT | \$ 2.50 |
| SAUCE | \$ 60 |
| TOASTED SAMMIE | \$ 3.50 |
| <i>Ham/Cheese/ Onion/ Tomato/Pineapple Choose two fillings</i> | |
| GLUTEN FREE SAMMIES ham, chick, salad | \$ 4.50 |
| GLUTEN FREE TOASTIE | \$ 4.00 |
| GLUTEN FREE MUFFIN | \$ 3.00 |
| GLUTEN FREE BROWNIE | \$ 3.50 |
| GLUTEN FREE PIZZA | \$ 4.00 |

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|--------------------------------|---------|
| CHICK / SALAD WRAP | \$ 3.50 |
| HAM / SALAD WRAP | \$ 3.50 |
| BACON / AVO WRAP | \$ 3.50 |
| HAM SAMMIE | \$ 3.00 |
| EGG SAMMIE | \$ 3.00 |
| CHICKEN SAMMIE | \$ 3.00 |
| WHOLEGRAIN BREAD AVAILABLE ADD | \$.20 |
| CHICK SALAD SAMMIE | \$ 3.70 |
| HAM SALAD SAMMIE | \$ 3.70 |
| CLUB SAMMIE HAM EGG | \$ 4.20 |
| FILLED ROLL HAM / SALAD | \$ 3.70 |
| FILLED ROLL CHICKEN / SALAD | \$ 3.70 |
| HEALTHY SALAD WITH MEAT | \$ 5.50 |
| WATER 700 mls | \$ 2.70 |
| JUICE | \$ 3.20 |
| PRIMO CHOC/STRAWBERRY | \$ 2.80 |
| FROZEN JUICE | \$ 1.20 |

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|------------------------------|---------|
| FRESH FRUIT SALAD | \$ 3.50 |
| FRUIT YOGHURT | \$ 2.50 |
| JELLY | \$ 2.20 |
| PINEAPPLE/GRAPES | \$ 1.50 |
| SUSHI x 4 (CHICKEN) | \$ 4.70 |
| MUFFIN | \$ 2.80 |
| CHOC BROWNIE | \$ 3.00 |
| OATY CARAMAL | \$ 3.00 |
| LAMINGTON | \$ 2.30 |
| RASPBERRY/COCCONUT SLICE | \$ 3.00 |
| PASSIONFRUIT AND LEMON SLICE | \$ 3.00 |
| POPCORN | \$ 1.30 |
| BISCUIT | \$ 1.30 |
| CHEESE AND CRACKERS | \$ 2.00 |

