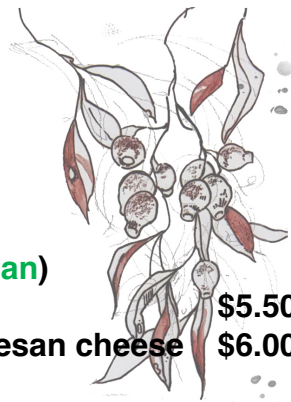


# Menu



Monday -	Pasta with hearty vegetable sauce (Av Vegan) w/ parmesan cheese	\$5.50
	Pasta with beef bolognese sauce w/ parmesan cheese	\$6.00
	*Gluten free pasta 50c extra	
Tuesday -	Chicken & Vegetable Pie or Plain Beef pie	\$5.00
	Steak & Mushroom Pie or Curry Beef Pie	\$5.00
	Spinach Quiche or Mediterranean Quiche	\$5.00
	Vegetable Curry and Rice Vegan and Gluten Free	\$5.50
Wednesday -	Vegetable chili served with Rice and corn chips	
	Natural yoghurt & cheese GF (Available Vegan)	\$6.00
Thursday -	Toasted Chicken, Spinach, onion, sundried tom & cheese wrap	\$6.00
	Toasted Spinach, onion, sundried tom & cheese wrap	\$5.00
Friday -	Tempeh burger with salad on sourdough Vegan (GF Av)	\$6.00
	Beef burger with salad on sourdough (GF Av)	\$6.00
	Homemade wedges Vegan GF	\$3.50
<u>Every day there will be available</u>		
Soup	(All soups are gluten free without Croutons.) Vegan (GF Av)	\$4.00
Gluten free cheese buns	2 for	\$1.00
Gluten Free beef pie GF		\$5.50
Beef Sausage on sourdough bread w/Tomato, mustard,&/or BBQ sauce	\$2.50 GF	\$3.00
Spinach & Ricotta Rolls		\$4.50
Cheese & Tomato toasties (sourdough)	\$2.50	Gluten free \$3.00
Toasted ham, cheese & tomato sandwiches	\$3.50	Gluten free \$4.50
Pizza Vegetable, BBQ Chicken or Ham & Pineapple		\$3.00
Brownies	\$2.50	Gluten free \$3.00
Bliss Balls GF Raw		\$2.50
Cookies		from \$1.00
Popcorn GF Vegan		\$1.00
Fresh Fruit-Orange, Banana, Red or Green Apples		\$1.00
Slushies' (CL 1-CL 6 after school only)	sm \$2.50 Lg	\$4.00
Icy poles Tropical ,Wild Berry or Orange GF Vegan		\$2.00
<u>Drinks</u>		
Water		\$2.00
Aloe drinks Original or Lychee		\$4.00
Sparkling juice CL 1-CL 6 after school only) 4 flavors available		\$4.00
Kombucha High School only		\$4.50
Small Juice - Tropical, Apple or Apple & blackcurrant		\$2.50
Large Organic Juice - Orange, Apple, Apple & Strawberry or Green		\$4.00
Coconut Water	sm organic \$2.50 Lg \$4.00	1litre \$6.00
Hot Chocolate		sm \$3.50 Lg \$4.50
Plain milk		\$2.50
Chocolate or Mango smoothie milk (CL 1-CL 6 after school only)		\$2.50
Coffee	mug \$3.50	Lg \$4.50
Long Black	mug \$3.00	Lg \$4.00
Tea/ Herbal Tea		Lg \$3.00/Lg \$3.50

