**Red** - Occasionally
These foods will only be offered on one or two occasions per term.

**Amber** - Select carefully.
Try not to let these food dominate your choices.

**Green** - Go, Go, Go
We encourage and promote these foods.
These are the best choices.

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**Hot Food (Green/Amber)**

- Baked Fish Fingers (5) ——— $3.00
- Baked Vegetable Spring Rolls (7) ——— $3.50
- Ingham Chicken Breast Nuggets ——— $3.50
  6pcs ——— $3.00
  9pcs ——— $4.50
- Grilled Cheese Burger ——— $4.50
- Chicken Fillet Burger ——— $5.00
- Noodle Cup (warm) ——— $2.50
- Meat Pie ——— $3.50
- Potato Pie ——— $4.00

**Home Made (Green)**

- Butter Chicken with Rice ——— $5.00
- Homemade Pizzas ——— $5.00
- Lasagna ——— $5.00
- Organic Pumpkin Soup + Dinner roll ——— $4.50
- Vegetarian Fried Rice ——— $4.50
- 2 Kafta rolls / Lebanese Bread ——— $3.50

**Sandwiches (Green)**

- Cheese and Tomato ——— $3.00
- Vegemite Sandwich ——— $2.50
- Cheese & Salad Sandwich ——— $3.50
- Ham/Cheese/Tom ——— $3.50
- Ham/Cheese ——— $3.00
- Egg with Lettuce & Light Mayo ——— $3.50
- Tuna / Mayo ——— $3.50
- Chicken Roast / Mayo ——— $3.50
- Salad + Chicken or Ham or Tuna ——— $4.00
- Falafel Vegetarian Wrap ——— $4.50
- Chicken Tender Wrap ——— $4.50
- Cheese Toastie ——— $2.80
- Cheese/Tom Toastie ——— $3.20

**Extra toppings 0.50c**

**Note:** Available in white Wholemeal Sliced bread, Gluten Free, Bread roll or Lebanese bread

**Drinks (Green/Amber)**

- Spring Water 600mls ——— $2.00
- Flavoured Milk ——— $2.50
- Flavoured Quench Spring Water ——— $2.00
- 100% Juice (Apple/Orange) ——— $2.00
- Plain Milk 300mls ——— $1.50

**Snacks/Recess (Green/Amber)**

- Seasonal Fruits ——— $1.00
- Tub of Watermelon ——— $2.00
- Red Rock Deli (small) ——— $1.50
- Carrot Sticks ——— $1.00
- Cheese & Crackers ——— $1.50
- Freshly sliced seasonal fruit Packs ——— $1.50
- Real Fruit Nuggets ——— $1.00
- Popcorn Plain ——— $1.00
- Ovaltines ——— $1.50
- Homemade Low Fat Muffins ——— $2.00

**Warm Recess Snacks:**

- Corn cob ——— $1.00
- Garlic bread ——— $1.00
- Cheese melt tops ——— $1.00

**Note:** Seasonal freshly sliced fruit will be sold at the counter at recess with other daily specials

**Fresh Salad Box (Green)**

- Greek Salad ——— $4.00
- Chicken Breast Salad ——— $4.50
- Egg Salad ——— $4.50
- Tuna Salad ——— $4.50

**PLEASE ADVISE STAFF OF ANY ALLERGIES**