



Many more fresh and healthy items are available over the counter every day
Contact Fiona: 0435 720 413

WEEKLY SPECIALS

MONDAY SPECIAL

- Twisted bolognaise - **\$4.50 (E)**
- Lasagna - **\$4.50 (E)**

TUESDAY SPECIAL

- Lean beef cheeseburger - **\$4.50 (E)**
- Mac and Cheese - **\$4.50 (E)**

WEDNESDAY SPECIAL

- Lasagna - **\$4.50 (E)**
- Hot dog with sauce - **\$3.00 (O)**

THURSDAY SPECIAL

- Pizza make your own (cheese, ham, chicken, olive, bacon) - **\$4.00 (E)**
- Twisted bolognaise - **\$4.50 (E)**

FRIDAY SPECIAL

- Party pies - **\$3.50 (O)**
- Chicken nuggets X 6 - **\$4.20 (O)**
- Chicken nuggets x 4 & Oven baked Hot chips- **\$6.00**

CRUNCH & SIP

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

Breakfast

Cheese Toast - \$0.50 (E)
Yoghurt - \$2.00 (E)
Piece of fruit - \$1.00 (E) (GF)

Drinks

- Water Bottle 600ml-**\$2.00 (E)**
- Water bottle 250ml-**\$1.00 (E)**
- Harvey Fresh Popper -**\$2.50 (E)**
- Juice Bomb - Orange Passio, Raspberry-**\$2.50 (E)**
- Oak Milk Bottle Chocolate and Strawberry-**\$2.50 (E)**
- Up & Go - **\$2.50 (E)**

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

Website: www.appleaday.com.au
Email: fiona@appleaday.com.au



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Sandwiches *(Fresh or Toasted)*

- Vegemite, Jam or Honey-\$2.00 **(O)**
- Cheese-\$2.50 **(E)**
- Ham & cheese-\$3.50 **(O)**
- Egg, Lettuce& Mayo-\$4.00 **(E)**
- 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 **(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

Burgers

*All burgers come with the sauce of your choice
BBQ, Tomato, Mayo, Sweet chilli*

- Cheeseburger – (Beef), Cheese-\$4.50 **(E)**
- Chicken, (breast fillet) Lettuce & mayo-\$4.50 **(E)**
- Chicken Schnitzel Burger, Lettuce & mayo \$4.50 **(O)** *(contains eggs)*

Extras (for salads, Burgers, Wraps sandwiches)

- Avocado **(E)** \$1.00
- Boiled Egg **(E)** \$1.00
- Light Ham **(O)** \$1.00
- Grilled Chicken**(E)** \$1.00
- Hummus **(E)** \$1.00
- Cheese **(E)** \$0.50
- Tomato **(E)** \$0.50
- Beetroot **(E)** \$0.50
- Cucumber **(E)** \$0.50
- Carrot **(E)** \$0.50
- Lettuce **(E)** \$0.50

Hot Foods

- Oven Baked Wedge's with Sour cream & Sweet chilli - \$4.50 **(O)**
- Garlic Bread Roll - \$2.50 **(O)**
- Noodles (Beef or chicken) - \$3.00 **(O)**
- Chicken fried rice \$5.50 **(E)**

Quick Fresh Snacks

- Fruit Salad Bowl-\$2.50 **(E)** **(GF)**
- Vanilla Yogurt \$2.50 **(E)**
- Piece of seasonal fresh fruit-\$1.00 **(GF)**

Icy Treats

- Frozen juice Cup-\$1.50 **(E)**
- Moosies-\$1.50 **(E)**
- Blizzard Slushie 99.9% fruit Juice-\$2.00 **(E)**
- Quench 99.9% Frozen juice Sticks-\$1.00 **(E)**
- Twisted Frozen Yogurt - \$2.50 **(O)**

Food Codes

GF- Gluten Free
E – Everyday
O – Occasional

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

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