



# Senior – M E N U

## Health Rating System

- Green – great foods for daily consumption balanced item of Energy, Vitamins and Minerals
- Amber – select carefully energy-based item / combine with a green item for minerals and vitamins
- Red – only available on special days twice per term, large portion treat foods (Cupcakes/Sweet Pastries)

## DAILY HOT MEALS

M – MEAL SIZE | S – SNACK

SIZE

CHEF MADE PASTA BOLOGNAISE WITH CHEESE ●	M \$8.30 S \$6.30
AUTHENTIC BUTTER CHICKEN WITH A RICE BLEND ●	M \$8.30 S \$6.30
HEARTY DAILY SOUPS ● <i>new</i>	\$6.00
– SLICE OF BUTTERED SOURDOUGH	+ \$1.50
– SEASONAL SIDE SALAD & DRESSING	+ \$2.50
– GARLIC BREAD	+ \$2.50
– SNACK SIZE WRAP	\$4.00

## WEEKLY SPECIALS

### MONDAY

WEEK A MASSAMAN BEEF WITH JASMINE RICE (GF) ● <i>new</i>	\$8.50
WEEK B MEXICIAN BEEF NACHOS, GUAC, SALSA, SOUR CREAM & CHEESE (GF) ● <i>new</i>	

### TUESDAY

WEEK A CRISPY CHICKEN SCHNITZEL SUB & SALAD ● <i>new</i>	\$8.00
WEEK B CLASSIC MEATBALL & CHEESE SUB & SALAD ● <i>new</i>	

### WEDNESDAY

WEEK A CHICKEN & LEEK PUFF PASTRY POT PIE ● <i>new</i>	\$8.00
WEEK B RAVIOLI (BEEF OR SPINACH & RICOTTA) W CHEESY CRUMB ● <i>new</i>	

### THURSDAY

WEEK A SOFT SHELL TACO DAY – BEEF MINCE & SEASONAL SIDES ● <i>new</i>	\$8.00
WEEK B SOFT SHELL TACO DAY – CRISPY FISH & SLAW ● <i>new</i>	

### HAPPY FRIYAY! WITH A JUICE BOMB

BBQ CHICKEN / MARGARITA / HAWAIIAN / PEPPERONI ● <i>new</i>	\$8.50
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## HEALTHY SANDWICHES

SIMPLE SANDWICHES ●	FR \$3.90
– 7 OPTIONS	
GOURMET WRAPS ●	FR \$5.90
– 4 OPTIONS	
TURKISH TOASTIES ●	FR \$3.70
– 9 OPTIONS	
MYO GARDEN SALAD ●	FR \$5.90
– 6 OPTIONS	
MYO NUT FREE PESTO PASTA SALAD – 3 OPTIONS	FR \$6.95
SINGLE SERVE POKE BOWL ● new	\$6.50
– TOFU / TROUT	

## FRESHLY MADE SUSHI & RICE PAPER ROLLS

HOMEMADE NORI ROLLS ●	FR \$4.70
–SUSHI GRADE SALMON & AVOCADO	
–TERIYAKI CHICKEN & CUCUMBER	
–TUNA BLEND WITH CUCUMBER	
–JUST AVOCADO	
–PANKO CHICKEN& LETTUCE	
HOMEMADE RICE PAPER ROLLS ●	FR \$2.50
–HOISIN CHICKEN & CRISP VEGETABLES	
–AVOCADO & CRISP VEGETABLES	

## WARM PASTRIES AND LIGHT SNACKS & SANDWICHES

MINI GARLIC BREAD LOAF ●	\$2.50
CRISPY OVEN BAKED CHICKEN GOUJONS ●	S \$3.65 M \$4.95
BUTTERED CORN ON THE COBB CLASSIC HAM, CHEESE & TOMATO TOASTIE	\$2.50
VEGEMITE & CHEDDAR ●	\$5.50
TURKISH TOASTIE	\$5.20
DELUXE CHICKEN, AVOCADO & MOZZARELLA TURKISH	\$6.50
OVEN BAKED HASH BROWN TRIANGLES & SAUCE ● new	\$2.00
BEEF SAUSAGE ROLL W  SAUCE ●	\$3.80
BABY BEEF PIE W  SAUCE ●	\$2.40
SPINACH & CHEESE FLAKY ROLL W SAUCE ●	\$4.50

## HEALTHY CHOICES

WHOLE FRUIT ●	\$1.00
– APPLE	
– BANANA	
SEASONAL FRUIT BOWLS ●	
– ORANGE	\$3.00
– MELON & BERRY	\$3.40
– FRUIT SALAD	\$3.40
CLASSIC YOGHURT POT ●	\$4.20
W  FEATURE FRUITS	
CRACKERS & CHEESE CUP ●	\$3.70
CRUNCH & MUNCH VEGGIES & DIP ●	\$3.70
SUPERFOOD RASPBERRY ●	\$3.40
LAMINGTON POWER BALL	
MANGO & COCONUT CHIA PUDDING	\$4.30



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## SNACKS AND BAKED TREATS

EUCALYPTUS DROPS ●	\$1.50
CRISPY FRUIT PACKET ●	\$3.00
PROPER CRISPS	
– GARDEN MEDLEY ● new	\$4.00
GRAIN WAVES	
– SOUR CREAM & CHIVE ●	\$2.20
POPCORN BAG SEA SALT ●	\$2.50
CHOC CHIP COOKIE ●	\$3.00
MINI MUESLI COOKIES (2) ●	\$3.00
FRESHLY BAKED	\$3.90
HOUSE MADE MUFFIN ●	
WARM BANANA LOAF	
W  BUTTER (GF OPTIONAL) ●	FR \$3.90
WARM SAVOURY CROISSANT ●	FR \$4.00
– HAM & CHEESE	
– CHEESE & TOMATO	
TOASTED BLUEBERRY BAGEL ●	\$4.00
W  CREAM CHEESE	
SENSATIONAL BITES ●	\$2.00
– BROWNIE	
– CARAMEL	
– BLONDIE	

## COLD DRINKS

EMMA AND TOMS 350ML JUICES ●	\$4.70
JUICE FARM ●	\$4.00
JUICE BOMB CANS ●	\$3.80
REMEDY KOMBUCHA CANS ● new	\$4.20
JUST JUICE BOXES ●	\$2.50
– OJ	
– APPLE	
FLAVOURED MILK BOXES ●	\$3.50
– CHOCOLATE	
– STRAWBERRY	
DASH FRUITY SPARKLING	\$3.80
WATER CAN ● new	
ICED DRINKS (IN HOUSE) ●	\$4.70
– LATTE	
– CHOCOLATE	
– MOCHA	
– CHAI	
ALTERNATIVE MILKS ●	+.30c
– OAT	
– SOY	
FLAVOURED SYRUPS ●	+.30c
– VANILLA	
– CARAMEL	
<b>*NEW* POWER SMOOTHIES</b>	
WAKE ME UP ●	\$6.00
– MANGO	
– PINEAPPLE	
– COCONUT YOGURT	
– CHIA SEEDS	
– OAT MILK	
PINK SUNSET ●	\$6.00
– MIXED BERRIES	
– BANANA	
– YOGURT	
– APPLE JUICE	
– DAIRY MILK	

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## HOT DRINKS

LITTLE MARIONETTE ●	R \$3.70
EXPRESSO COFFEE	L \$4.00
MIGHTY MOCHA ●	R \$3.70
	L \$4.00
CREAMY HOT CHOCOLATE ●	R \$3.70
	L \$4.00
VANILLA CHAI LATTE ●	R \$3.70
	L \$4.00
SOOTHING TEAS ●	\$3.50
– BREAKFAST	
– SENCHA	
– LEMON & GINGER	
ALTERNATIVE MILKS ●	+.30c
– OAT	
– SOY	
FLAVOURED SYRUPS ●	+.30c
– VANILLA	
– CARAMEL	
– PEPPERMINT	
– WHITE CHOCOLATE	
EXTRA	+.30c
– DECAF	
– EXTRA SHOT	

## ICEY TREATS

JUICIES ICEY FRUIT STICKS ●	\$2.50
GELATO, ICE CREAM & ● new	FR \$3.00
FROZEN YOGHURT CUPS	