

Fresh Starts Menu

Breaky and Healthy Snacks

Juice in a Cup	\$1	Pancakes	\$2	Watermelon Cup	\$1.50	Apple	\$1
Hash Brown	\$1	Yoghurt Cup	\$1	Grapes Cup	\$1.50	Mandarin	\$1
Hot Chocolate	\$1			Fruit Salad Cup	\$1.50	Banana	\$1
Homemade Fresh Muffins	\$1.50						

(Fruit is seasonal)

Fresh Sandwiches and Wraps

Vegemite	\$1.50	Tuna, Lettuce and Mayo	\$3	Tuna and Salad	\$4
Jam	\$1.50	Salad	\$3	Chicken and Salad	\$4
Cheese	\$1.50	Chicken, Lettuce and Mayo	\$3	Ham and Salad	\$4
Ham	\$2	Chicken Breast	\$3		
Ham and Cheese	\$2.50	Ham, Cheese and tomato	\$3		
Tuna	\$2.50				

Prices above are for a sandwich (Choice of white or wholemeal). Upgrade to a wrap for \$1.

Fresh Subs

Meats Available	Condiments	Dressings	
Chicken Breast	Avocado	Caesar	Tomato
Ham	Cheese	Garlic Aioli	BBQ
Tuna	Onion	Mayo	
	Tomato		
	Lettuce		

Build your own sub, Includes: 1 choice of meat and any condiments or dressings!

For \$6

Extra Meat is \$2 per serve
Add a Water for \$1

Fresh Salads

Garden Salad (Lettuce, Tomato, Carrot, Cucumber)
Regular \$3.50 w/ Meat \$4.50
Large \$5 w/Meat \$6.50

Caesar Salad (Lettuce, Bacon, Croutons, Cheese and Dressing)

Pasta Salad (Pasta, Tomatoes, Cheese, Corn, Onion in a Creamy Mayonnaise base)

Regular \$4 w/ Meat \$5
Large \$5.50 w/ Meat \$6.50

Add a Water for \$1

Free Dressing Choice: Italian, French or Caesar

Tasty Tempters

Nachos	\$2.50	Large Pie	\$4
Nuggets	4 for \$2.50	Lasagne	\$4.50
Party Pies	4 for \$3	Spaghetti Bolognese or Meatball Pasta	\$4.50
Homemade Sausage Roll	\$3		
Wedges	\$3		
Mamee Noodle Cup	\$3		
Hot Dog	\$3		

SPECIAL OF THE WEEK – EACH WEEK A SPECIAL HOME COOKED MEAL WILL BE ADVERTISED. Eg. Flame Grill Wraps / Beef N Cheese Sliders / Homemade Pizzas.

Munch Crunch N Sip

Jelly	\$1	Snap Apart	\$1	Juice Poppers 100%	\$1.50
Homemade Fresh Muffins	\$1.50	Zooper Dooper	\$1	Water 350ml	\$1.50
Seasonal Fruit	\$1.50	Frozen Jelly	\$1	Oak Flavoured Milk	\$2.50
Popcorn	\$1	Ice Block	\$1		
Noodles	\$1	Ice Cream Cup	\$1		

Lunch Packs Combos

Simply choose one item from each box below

1

Hot Dog

4 Nuggets

Homemade Sausage Roll

Nachos

4 Party Pies

Salad Wrap

2

Apple

Muffin

Popcorn

3

Popper

Water

OR

upgrade to an Oak Milk for an extra 50 cents

All for

\$5

Healthy Kids reward program

Simply Purchase a piece of fruit or healthy sandwich to receive a rewards card. After the fifth purchase your sixth purchase of the previous five is **free!** Encouraging your kids to make healthy choices!



Fresh Start Canteens

