

# ASHTEN MENU

## Fresh and delicious

## Eftpos Available

## Pre-order- Quick Serve

## Dietary Requirements Available

### SANDWICHES

Ham, Cheese & Tomato	5.50
Egg & Lettuce	5.50
Chicken, Lettuce & Mayo	5.50
Chicken Supreme	5.50
Corn beef, cheese & pickle	5.50
Toasted extra	.50
Pre order any requested sandwich (Multigrain bread available)	

### WRAPS

#### Assorted Chicken

& Salad Wraps	6.00
Chicken Caesar Wrap	6.50

### DRINKS

Flavoured Milk 500ml	4.00 – 4.50
Assorted Flavours	
Flavoured Milk 300ml	3.00
Juice Bombs	2.50
100% squeezed Juice	
Fresh Juice	3.00
Ice Teas – (low or sugar free)	4.00
Assorted Water	2.00 – 3.00
Hot Chocolate/Hot Milo	3.00
(Pre order only)	

LOW FAT MEATS, LOW FAT CHEESE, LOW SUGAR, HOME MADE,  
FRESH FRUIT, FRESH MEATS/CHICKEN, OVEN BAKED

### SALAD BOXES

Garden Salad	5.50
Ham/Chicken Salad	6.00
Caesar Salad	6.50
Chicken Caesar Salad	7.00

### FRUITS

Watermelon Cup	3.50
Yoghurt Fruit Muesli	3.50
Pieces of Fruit	1.00

### SNACKS

Muffins	1.00
Hot Apple Crumble & Custard (low fat, low sugar)	3.50
Chocolate Mousse (low fat)	1.00
Oven Baked chips	1.50
Gingerbread students	2.00

### ICE BLOCKS

Berri Frozen Fruit Sticks	.60
Frozen Fruit Yoghurt	2.50
Assorted Ice Blocks	1.50 – 4.80

### SPECIALS OF THE DAY

#### MONDAY

Hot Dog (skinless)– with sauce	4.00
- bacon & cheese (low fat)	5.50
Tortilla Vege Stack	6.50

#### TUESDAY

Nachos (lean beef)	6.50
Sweet Chilli Chicken Roll	6.00

#### WEDNESDAY

Chicken Burger with salad	6.00
Lasagna (lean beef) – with side salad	6.50
Jacket Potatoes	6.00

#### THURSDAY

Bolognese Mince & Pasta (lean mince)	6.50
Pork Riblets	5.50

#### FRIDAY

Hamburgers & Salad	6.00
Sushi Bowls	5.00
Chicken Gravy Rolls	6.00

### HOT FOOD

Pies – reduced fat	4.50
Sausage Rolls- reduced fat	4.00
Garlic Bread (X3)	2.50
Spinach & Feta Rolls	4.50
Pizza Single Rounder	3.00

