

# ASHTEN MENU

## Fresh and delicious

## Eftpos Available

## Pre-order- Quick Serve

## Dietary Requirements Available

### SANDWICHES

Ham, Cheese & Tomato	6.00
Egg & Lettuce	6.00
Chicken, Lettuce & Mayo	6.00
Chicken Supreme	6.00
Corn beef, cheese & pickles	6.00
toasted extra	.50

*Pre – Order any requested sandwich  
(Multigrain bread available)*

### WRAPS

#### Assorted Chicken

& Salad Wraps **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

### SALAD BOXES

Garden Salad	6.00
Ham/Chicken Salad	6.50
Caesar Salad	7.00
Chicken Caesar Salad	7.50

### FRUITS

Watermelon Cup	3.50
Yoghurt Fruit Muesli	3.50
Pieces of Fruit	1.00

### SNACKS

Muffins	1.00
Apple Crumble & Custard	3.50
(low fat, low sugar)	
Chocolate Mousse	1.00
(low fat)	
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 Dogs (skinless) – week 1 & 2	4.50
- bacon & cheese (low fat)	6.00
Tortilla Vege Stack – week 1 & 2	7.00

#### TUESDAY

Nachos (lean beef) – week 1	6.50
Sweet Chilli Chicken Roll – week 2	6.00

#### WEDNESDAY

Chicken Burger with salad – week 1	6.00
Lasagne (lean beef) – week 1 & 2	
– with side salad	6.50
Jacket Potatoes – week 2	6.00

#### THURSDAY

Bolognese Mince & Pasta – week 1	6.50
(lean mince)	
Pork Ribslets – week 2	5.50

#### FRIDAY

Hamburgers & Salad – week 1	6.00
Sushi Bowls- week 1 & week 2	5.50
Chicken Gravy Rolls- week 2	6.00

### HOT FOOD

Pies – reduced fat	5.00
Sausage Rolls- reduced fat	4.00
Garlic Bread (X3)	2.50
Spinach & Feta Rolls	4.50
Pizza Single Rounder	3.00



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