

ASHTEEN MENU

Fresh and delicious

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	7.00
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DRINKS

Flavoured Milk 500ml	4.50 – 5.00
Flavoured Milk 300ml	
Juice Bombs	2.50
(100% squeezed juice)	
Fresh Juice	3.50
Ice Teas – (low or sugar free)	4.50
Assorted Water	2.50 – 3.50

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

Eftpos Available

SALAD BOXES

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

FRUITS

Watermelon Cup	4.00
Yoghurt Fruit Muesli	4.00
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	2.50

ICE BLOCKS

Berri Frozen Fruit Sticks	.80
Frozen Fruit Yoghurt	3.00
Assorted Ice Blocks	1.50 – 5.00

Pre-order- Quick Serve

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 & 2	6.00
Lasagne (lean beef) – week 1 & 2	
- with side salad	6.50

THURSDAY

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

FRIDAY

Hamburgers & Salad – week 1 & 2	6.00
Sushi Bowls – week 1 & 2	6.00

HOT FOOD

Pies (reduced fat)	5.50
Sausage Rolls (reduced fat)	4.00
Garlic Bread (x3 pieces)	2.50
Spinach & Fetta Rolls	4.50
Pizza Single Rounder	3.50

