

ASHTEN 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	3.50
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
Chocolate Mousse	1.00
Muffin & Custard	3.00
Jelly Cups & Custard	3.00
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

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

FRIDAY

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

HOT FOOD

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

