

ASHTEEN MENU

<i>Fresh and delicious</i>	<i>Eftpos Available</i>	<i>Pre-order- Quick Serve</i>	<i>Dietary Requirements Available</i>
<u>SANDWICHES</u>		<u>SALAD BOXES</u>	<u>SPECIALS OF THE DAY</u>
Ham, Cheese & Tomato	6.00	Garden Salad	6.50
Egg & Lettuce	6.00	Ham/Chicken Salad	7.00
Chicken, Lettuce & Mayo	6.00	Caesar Salad	7.00
Chicken Supreme	6.00	Chicken Caesar Salad	7.50
Corn Beef, Cheese & Pickles (toasted extra)	6.00 .50		
Pre-order any requested sandwich (multigrain bread available)		<u>FRUITS</u>	<u>TUESDAY</u>
Assorted chicken & salad wraps	7.00	Watermelon Cup	4.00
		Yoghurt Fruit Muesli	4.00
		Pieces of Fruit	1.00
<u>WRAPS</u>		<u>SNACKS</u>	<u>WEDNESDAY</u>
Assorted chicken & salad wraps	7.00	Muffins	1.00
		Chocolate Mousse	1.00
		Muffin & Custard	3.00
<u>DRINKS</u>		Jelly Cups & Custard	3.00
Flavoured Milk 500ml	4.50 – 5.00	Oven Baked Chips	1.50
Flavoured Milk 300ml	3.50	Gingerbread Students	2.50
Juice Bombs (100% squeezed juice)	2.50		
Fresh Juice	3.50		<u>THURSDAY</u>
Ice Teas – (sugar free)	4.50		Pork Riblets – week 1
Assorted Water	2.50 – 3.50		Bolognese Mince & Pasta – week 2 (lean mince)
		<u>ICE BLOCKS</u>	
		Berri Frozen Fruit Sticks	.80
		Frozen Fruit Yoghurt	3.00
		Assorted Ice Blocks	1.50 – 5.00
LOW FAT MEATS, LOW FAT CHEESE, LOW SUGAR, HOME MADE, FRESH FRUIT, FRESH MEATS/CHICKEN, OVEN BAKED			<u>HOT FOOD</u>
			Pies (reduced fat)
			Sausage Rolls (reduced fat)
			Garlic Bread
			Spinach & Fetta Rolls
			Pizza Single Rounder

