

# 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	3.50
Juice Bombs (100% squeezed juice)	2.50
Fresh Juice	3.50
Ice Teas – (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	7.00
Jacket Potatoes – week 2	6.50

#### 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

Chicken Gravy Rolls – week 1	6.00
Bolognese Mince & Pasta – week 2 (lean mince)	6.50

#### FRIDAY

Hamburger & Salad – week 1 & 2	6.00
Pork Riblet – week 1 & 2	5.50
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

