

Fresh Starts Menu

Breaky and Healthy

Snacks

Cereal in a Cup	\$1			Watermelon Cup	\$1.50	Apple	\$1
Hash Brown	\$1	Pancakes	\$2	Grapes Cup	\$1.50	Mandarin	\$1
Hot Chocolate	\$1	Vanilla Yoghurt Cup	\$1	Fruit Salad Cup	\$1.50	Banana	\$1
Homemade Fresh Muffins	\$1.50			Diced Vege Cup	\$1.50	Diced Fruit	\$1.50

Fresh Sandwiches and

Wraps					
Vegemite	\$1.50	Tuna, Lettuce and Mayo	\$3	Tuna and Salad	\$4
Jam	\$1.50	Salad	\$3	Chicken and Salad	\$4.50
Cheese	\$1.50	Chicken, Lettuce and Mayo	\$3.50	Chicken, avocado, lettuce, cheese and	
Ham	\$2	Ham and Salad	\$4	Tomato	\$5
Ham and Cheese	\$2.50	Chicken Breast	\$3		
Tuna	\$2.50	Ham, Cheese and tomato	\$3		

Prices above are for a sandwich. Upgrade to a wrap for \$1 or Focaccia for \$1.50. Choice of white or wholemeal.

Fresh Subs

Meats Available	Condiments
Chicken Schnitzel	Avocado
Chicken Breast	Cheese
Ham	Onion
Tuna	Tomato
Italian Meatballs	Lettuce

Carrot
Cucumber
Olives

Dressings
Caesar
Garlic Aioli
Ranch
Mayo

Tomato
BBQ

Build your own sub, Includes: 1
choice of meat and any
condiments or dressings!

For \$6

Extra Meat is \$2 per serve
Add a Water for \$1

Fresh Salads

Garden Salad (Lettuce, Tomato, Carrot, Cucumber)

Regular \$3.50 w/ Meat \$4.50

Large \$5 w/Meat \$6.50

Add a Water for \$1

Free Dressing Choice: Italian, French or Caesar

Caesar Salad (Lettuce, Bacon, Croutons, Cheese and Dressing)

Baby Spinach Salad (Baby Spinach, Cherry Tomatoes, Olives, Cucumber, Cheese)

Vegetarian Salad (Zucchini, Capsicum, Onion, Lettuce, Corn, Drizzle of Vinaigrette)

Pasta Salad (Pasta, Tomatoes, Cheese, Corn, Onion in a Creamy Mayonnaise base)

Regular \$4 w/ Meat \$5

Large \$5.50 w/ Meat \$6.50

Tasty Tempters

Nachos	\$2.50	Large Pie (Wednesday Only)	\$4
Nuggets	4 for \$2.50	Lasagne	\$4.50
Party Pies	4 for \$3	Spaghetti Bolognese or Meatball Pasta	\$4.50
Homemade Sausage Roll	\$3	Loaded Beef Burger w/Cheese	\$4.50
Wedges	\$3	Loaded Beef Burger w/Salad	\$5.50
Mamee Noodle Cup (Chicken or Beef)	\$3	Chicken Fillet Burger	\$5
Hot Dog	\$3	Sushi Combo (Tuesday and Thursday)	\$6
Fish Bites	3 for \$4	Home Made special of the day	\$5

Munch Crunch N Sip

Jelly	\$1	Snap Apart	\$1	Juice Poppers (Apple, Orange or ABC)	\$1.50
Homemade Fresh Muffins	\$1.50	Zooper Dooper	\$1	Water 350ml	\$1.50
Popcorn	\$1	Frozen Jelly	\$1	Water 600ml	\$2
Noodles	\$1	Ice Block	\$1	Oak Flavoured Milk	\$2.50
Rice Wheels	\$1.20	Juice Cup	\$1	Mineral Water Quench	\$2.50
		Ice Cream Cup (Twice a Week)	\$1		
		Ice Mony	\$1.50		
		Paddle Pop or Moosie	\$2		

Lunch Packs Combos

Simply choose one item from each box below

1

Hot Dog

4 Nuggets

Homemade Sausage Roll

Salad Bowl

4 Party Pies

Salad Wrap

2

Apple

Mandarin

Popcorn

Muffin

3

Popper

Water

OR

upgrade to a Oak Milk for an extra 50 cents

All for
\$5

Healthy Kids reward program

Simply Purchase a piece of fruit or healthy sandwich to receive a rewards card. After the fifth purchase your sixth purchase of the previous five is free! Encouraging your kids to make healthy choices!



Fresh Start Canteens

