

How do you place a lunch order?

Orders can be placed online at www.munchmonitor.com

Username: laurimarps—**Password:** munch 3754

Then create your own personal account. Before 9.15am on the day of order.

If your child has any food allergies or intolerances please contact us

RECESS & LUNCH MENU

Sandwiches, Wraps & Hot Food are only available when pre-ordered via your munchmonitor account

FOOD FOR THE BRAIN

Whole Fresh fruit (seasonal availability)	1.00
Carrot sticks (6 pieces)	1.25
Cucumber sticks (6 pieces)	1.25
Veggie Stick combo (carrot, cucumber & Cherry toms)	3.00

SIMPLE SALADS

Small Salad	3.50
Large Salad	4.50

(Lettuce/cucumber/cherry tomato/carrot/grated cheese)

SANDWICHES & WRAPS—Wholemeal bread only

	Sandwiches	Wrap
Salad	3.50	4.00
Ham	3.50	-
Ham and Salad	4.50	5.50
Chicken	3.50	-
Chicken and Salad (<i>***no Cheese</i>)	4.50	5.50
Cheese	2.20	-
Vegemite	2.00	-
Honey	2.50	-
Jam	2.50	-
Vegemite & Cheese Scroll	3.00	-
Extras (each)	0.50	0.50

*"Salad" contains — Lettuce, carrot, cheese, tomato, & cucumber
~ Unless you select otherwise
~ Our Mayo is EGG FREE*

Give you the Chill;.....

Frozen Orange Wedge	0.25
Frozen Pineapple Ring	0.50
Mini Calipo - Pineapple & raspberry	1.30
Icy Twist	1.30
Frozen Juice Cups	1.00
Paddle pop	2.00
Splice	2.00
Cyclone	2.00
Shaky Shake	2.30



WINTER WARMERS

Steamed Dim Sims	1.00
Corn on the Cob (GF, V)	1.50
Party pies (2 per serve)	2.85
Sausage roll	2.95
Hotdog - no Roll (GF)	3.00
Chicken strips (2 per serve)	3.35
Traveller Meat Pie	3.85
Gluten Free Chicken Strips (2 per serve)	3.80
Hot dog	4.00
Roast Vegetables (with gravy, potato, pumpkin, carrot & peas)	4.00
Lasagne	4.45
Macaroni & Cheese (V)	4.45
Fried Rice—With Bacon	4.45
Roast Lamb & Veg (with gravy, potato, pumpkin, carrot & peas)	5.00
Beef Burger (lettuce, tomato & cheese)	5.00

SNACKS

Delites (Various Flavours)	1.00
Chocolate muffin	1.50
Popcorn	2.00
Red Rock Deli Chips (<i>honey soy & Sea salt</i>)	2.00
Gingerbread People	2.00

Drinks

Water	2.00
Just Juice - (Various flavours)	2.00
Up and Go - Chocolate & Vanilla	2.40
Big M— Chocolate & Strawberry	2.40



Place your order at www.munchmonitor.com before 9.15 on the day of the order.

Username: laurimarps—Password: munch 3754