



WINTER MENU – TERM 2 2019

HOT OPTIONS

Cottage Pie \$4

This hot cottage pie is a great way to get vegetables into picky eaters! Our cottage pie contains premium beef mince, loads of veggies and a kumara & potato topping.

Hidden Vegetable Lasagne \$4

This lasagne is a great way to get vegetables into picky eaters! Our hidden vegetable lasagne contains premium beef mince, loads of veggies and whole-wheat lasagne sheets.

Mac & Cheese \$4

Always popular with children, this mac and cheese uses whole wheat penne instead of white macaroni and is full of veg – but you won't be able to spot them.

Butter Chicken \$4 (NEW!)

A mild butter chicken packed with hidden veggies, served on rice.

Soup & Bread Roll – Large \$2.50, Small \$2.20

Choose Flavour: Chicken, Tomato (NEW!) OR Pumpkin (v)

These yummy soups are filling because they contain protein and fibre, served with a fresh wholemeal bread roll. Large size is 360ml, small is 240ml.

Allergen Warning: Please note that we are unable to cater for severe allergies. Our sweet treats may contain peanuts and tree nuts. Our kitchen processes allergens including eggs, gluten, soy, peanuts, tree nuts.



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COLD OPTIONS

Standard Lunch Bag \$4

Choose Sandwich Filling: Egg (v), Cheese (v) OR Chicken & Salad

Full size sandwich, yoghurt, fresh fruit and homemade sweet treat.

Mini Lunch Bag \$3

Choose Sandwich Filling: Egg (v), Cheese (v) OR Chicken & Salad

For smaller tummies, this lunch bag has everything the standard lunch bag contains, but with a half-size sandwich, and smaller serving of fruit.

Sandwich Only \$3

Egg & salad (v), Cheese & salad (v) OR Chicken & salad

Munch Box \$3

The perfect lunch option for those who don't like sandwiches, the munch box contains a savoury muffin, crackers with cheese, veggie sticks with dip and a homemade sweet treat.

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