

Fresh Starts Menu

Breaky and Healthy Snacks

Cereal in a Cup	\$1	Watermelon Cup	\$1.50	Apple	\$1
Hash Brown	\$1	Pancakes	\$2	Mandarin	\$1
Hot Chocolate	\$1	Vanilla Yoghurt Cup	\$1	Banana	\$1
Homemade Fresh Muffins	\$1.50	Fruit Salad Cup	\$1.50	Diced Fruit	\$1.50
		Diced Vege Cup	\$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 Tomato	\$5
Ham	\$2	Ham and Salad	\$4		
Ham and Cheese	\$2.50	Chicken Breast	\$3		
Tuna	\$2.50	Ham, Cheese and tomato	\$3		

GLUTEN FREE BREAD ADD \$1 per sandwich

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

Fresh Subs

<u>Meats Available</u>	<u>Condiments</u>	<u>Dressings</u>
Chicken Schnitzel	Avocado	Caesar
Chicken Breast	Cheese	Garlic Aioli
Ham	Onion	Ranch
Tuna	Tomato	Mayo
Italian Meatballs	Lettuce	

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 Mayonnaisse 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		
Fish Bites	3 for \$4		

Munch Crunch N Sip

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

