

# MENU

# Heights Delights



## Snacks (available all day)

★ Yoghurt Squeezie	\$1.50
★ Cheesie Veg Muffin	\$1.00
★ Cereal Cup, with or without milk	\$1.00
★ Seasonal Fruit Cup	\$1.00
★ Boiled Egg	\$1.00
★ Popcorn	\$1.00
★ Rice Crackers	50c
★ Piece of fruit (orange, mandarin, banana)	\$1.00
★ Apple Slinky	\$1.00
★ Endamame Bean Cup	\$1.00
★ Watermelon Slice	50c
★ Cheese on toast (recess only)	\$1.00
★ Recess Box	\$2.50
★ Snack Pack	\$1.00
★ Dip Pot (hommus with carrot sticks)	80c
★ Carrot Sticks	20c
★ Bread stick, plain	20c
★ Messy Monkeys, cheese, BBQ	\$1.00
★ Mini Fruit Muffin of the day	50c
★ Mighty Chocolate Mousse Juicy	\$1.00
★ Jelly	\$1.00
★ Custard and Fruit Cup	\$2.50
★ Crispy Fruits, mango, strawberry, pineapple	\$2.00



## Lunch (available everyday)

### SANDWICHES

The Waters (ham, salad & mayo)	\$3.80
Reeks Eggstravaganza (egg, lettuce & mayo)	\$2.50
The Zaratsian (chicken, egg & salad)	\$4.50
Cheese & salad	\$3.50
Cheese, egg or ham	\$2.50
Chicken	\$3.00
Chicken & salad	\$4.00
Egg & salad	\$3.50
Ham & salad	\$3.80
Salad	\$3.00
Vegemite	\$2.00
Substitute a wrap or roll	50c
Toasted	40c

### HOTTIES

★ Cheese roll	\$3.00
★ Gluten free hot cheese roll	\$3.50
★ Chicken & cheese roll	\$3.80
★ Ham & cheese roll	\$3.50
★ Chicken cheese & mayo wrap (toasted)	\$4.00
★ Ham & cheese toasted wrap	\$3.40
★ Ham, cheese & tomato wrap (toasted)	\$3.60
★ Single chicken tenderloin wrap (w lettuce, tomato, carrot, mayo)	\$4.00
★ Double chicken tenderloin wrap (w extra salad)	\$5.00
★ Two Chicken Tenderloins (w fruit token)	\$4.00
★ Tuna toasted wrap (w cheese, tomato and mayo)	\$4.00
★ Pumpkin Soup in a cup	\$3.00
★ Pumpkin Soup in a bowl with a roll (soup is served only in winter)	\$5.00
★ Cheesie Veg Muffin	\$1.00
★ Corn Cob	\$1.20
★ Sauce (tomato, BBQ)	40c

### SALAD BOXES

★ Salad box	\$3.80
★ Salad box (w cheese)	\$4.00
★ Salad box (w chicken, ham or boiled egg)	\$5.00

## Drinks

★ Water	\$2.00
★ Plain Milk	\$1.20
★ Plain Milk with Sippah Straw (chocolate, vanilla, strawberry, marshmallow)	\$2.00
★ Hot Milo (winter only)	\$1.50
★ Juice, small (apple, apple & blackcurrant)	\$1.50
★ Up & Go (chocolate, vanilla, strawberry)	\$2.00
★ Glee Sparkling Fruit Drink (rocking raspberry, tropical treat, bubblegum grape, blackcurrant burst)	\$2.00
★ Emma and Tom's Smoothies (green power, karmarama)	\$3.50



## Daily Specials

### MONDAY

Currawong Recess Box (Half banana + 2 Vegemite & cheese Saladas + hommus & carrot sticks)	\$2.50
★ Thai Chicken with Rice	\$5.00
★ Macaroni and Cheese	\$5.00
★ Beef Burger (w lettuce, tomato and sauce)	\$4.50
★ Sushi (Tuna & Cucumber, Salmon, Cucumber, Avocado) (Beef Teriyaki, Chicken Teriyaki, Chicken Schnitzel)	\$3.40

### TUESDAY

Kookaburra Recess Box (Yoghurt Squeezie + grapes + popcorn)	\$2.50
★ Burrito (w mince, lettuce, tomato, grated cheese)	\$5.00

### WEDNESDAY

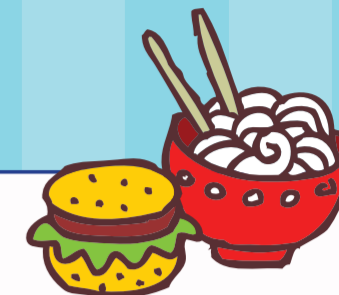
Lorikeet Recess Box (Half green apple slinky + 3 cheese cubes + hommus & cucumber sticks + popcorn)	\$2.50
★ Mini Pizza Margeritta, tomato and cheese	\$4.50
★ Hawaiian, ham, pineapple and cheese	
★ BBQ Chicken	
★ Toasted Mexican Wrap	\$4.00
★ Macaroni and Cheese	\$5.00

### THURSDAY

Currawong Recess Box (Half banana + 2 Vegemite & cheese Saladas + hommus & carrot sticks)	\$2.50
★ Penne Bolognaise	\$4.50
★ Penne Bolognaise with cheese	\$5.00
★ Toasted Mexican Wrap	\$4.00
★ Thai Chicken with Rice	\$5.00

### FRIDAY

Rosella Recess Box (Half red apple slinky + 3 cheese cubes + 3 cherry tomatoes + popcorn)	\$2.50
★ Toasted Baked Bean Sandwich (with cheese, recess only)	\$3.50
★ Toasted Bolognaise Sandwich (with cheese, recess only)	\$3.50
★ Beef Burger (w lettuce, tomato and sauce)	\$4.50
★ Sushi (Tuna & Cucumber, Salmon, Cucumber, Avocado) (Beef Teriyaki, Chicken Teriyaki, Chicken Schnitzel)	\$3.40



## Brain Freeze (lunchtime only)

★ Frozen Fruit Pops (coconut water with strawberry, watermelon, tropical)	80c
★ Frozen Juice Stick (tropical, mango, orange, pineapple)	\$1.00
★ Frozen Orange Wedge	10c
★ Frozen Pineapple Ring	50c
★ Frozen Fresh Pineapple Stick	\$1.00
★ Frozen Chocolate Milk Pop	\$1.00
★ Frozen Smoothie Pop (banana, strawberry)	80c
★ Juicies, lemonade	\$1.50
★ Twisted Frozen Yoghurt (blueberry and cookie dough, strawberry and vanilla, mango and watermelon)	\$2.50



## Birthday Specials

★ Rainbow fruit-veg birthday platter	\$10.00
★ Frozen Juice Sticks (assorted flavours).	\$15.00

Please provide 24 hours notice and it will be delivered to your child's class

