



# TERM 1 - 2025

FIRST BREAK ~ THURSDAY | FRIDAY

**Qkr!** Qkr! orders due by 8.30am

**Paper Order by 8.45am**

For paper orders please list child's name, class & menu items.

## TERRIFIC THURSDAY DEAL

- Nacho's \$5.00
- Taco Salad \$5.00  
Mince, Lettuce, Carrot, Tomato, Corn & Cheese

## FANTASTIC FRIDAY DEAL

- Fried Rice \$5.00
- Tuck's Nugget Box \$5.00  
6 Nuggets with Lettuce, Carrot, Cucumber, Tomato, Cheese

## SANDWICHES / WRAPS

on White/Wholemeal Bread (LF) OR White Wraps

- Chicken & Salad \$4.50
- Ham & Salad \$4.50
- Egg & Lettuce \$3.50
- Chicken & Cheese \$3.50
- Ham & Cheese \$3.50
- Cheese \$3.00
- Honey Sandwich \$2.00
- Jam Sandwich \$2.00
- Vegemite Sandwich \$2.00

## TOASTED SANDWICHES

Gluten Free + \$1 / Lactose Free + 50c

- Ham & Cheese \$4.50
- Chicken & Cheese \$4.50
- Ham or Cheese \$4.50

## SENSATIONAL SALADS

- Ham or Chicken Salad SML \$3.50  
Ham OR Chicken, Lettuce, Carrot, Tomato, Cucumber, Cheese & Beetroot LRG \$6.00
- Garden Salad SML \$3.00  
Lettuce, Carrot, Tomato, Cucumber, Cheese & Beetroot LRG \$5.00

## HOT FOOD

- Pie (small) \$1.50
- Sausage Roll (small) \$1.50
- Dim Sims (3) \$2.00
- Spring Roll (3) \$2.00

## SNACKS & TREATS

- GF Orange Wedges \$1.00
- GF Apple Slinky \$1.00
- GF Fruit Cup \$2.50
- Assorted Biscuits / Cakes 50c - \$2
- GF Jelly Cup \$1.50
- Custard & Fruit \$2.00

## FROZEN TREATS

- GF Sugar Free Ice-Block \$1.00
- GF Ice-Cream Cup \$2.00
- Frozen Yoghurt \$2.00

## DRINKS

- Bottled Water 350ml \$1.50
- Plain/ Choc / Strawberry Milk \$2.00
- Zymil Milk - LF \$2.50
- Juice Popper \$2.00  
Apple/ Apple & Blackcurrant/ Golden Pash

# FREE FRUIT ON FRIDAY

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### FOOD GUIDE

#### ● Green Foods/drinks

These are excellent sources of important nutrients, are low in saturated fat, salt and sugar.

#### ● Amber Foods/drinks

These have some nutritional value but have had some fat, sugar or salt added during processing.

#### ● Red Foods/drinks

These are an occasional food/drink that is highly processed; contain sugar/salt/fat. These foods lack nutritional value.

GF = Gluten Free options

LF = Lactose Free options