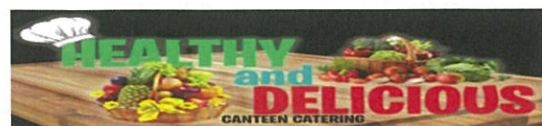


# Healthy and Delicious Menu



## Breakfast

### Manouche – Lebanese Pizza

- Zaatar	2.00
- Zaatar & Vegetable Roll	2.50
- Cheese	2.50
- Minced Meat	3.00
- Cheese Puffs	1.00

### Toasties

(Bread choices: White, Wholemeal & Multigrain)

- Cheese Toast	2.50
- Cheese & Tomato	3.00
- Cheese & Ham	3.50
- Cheese, Ham & Tomato	4.00
- Bacon & Egg Roll	4.00
- Baked Hash Brown	1.00

### Cereals

- Weetbix, Nutri Grain, & Just Right	3.00
- Fruit, Yogurt & Muesli	3.00
- Variety of Muesli Bars	1.00
- Variety of Fruits (each)	1.00
- Muffins	3.00

## Recess & Lunch

### Burgers

(Bread choices: White, Wholemeal & Multigrain)

- Beef - Lettuce, Tomato, Onion, BBQ sauce	5.00
- Chicken - Lettuce & Mayo	5.00
- Fish - Fish Patty, Lettuce & Tartar Sauce	5.00

### Sandwiches, Rolls & Wraps

- Avocado & Salad	4.00
- Cheese & Salad	4.00
- Caesar Roll	4.00
- Egg, Lettuce & Mayo	4.00
- Grilled Chicken & Tabouli	5.00
- Grilled Chicken & Coleslaw	5.00
- Grilled Chicken, Lettuce & Mayo	5.00
- Fresh Chicken & Tabouli	4.00
- Fresh Chicken, Lettuce & Mayo	4.00
- Falafel, Lettuce, Tabouli, Hummus & Tahini	5.00
- Ham, Lettuce & Mayo	4.00
- Ham & Salad	4.00
- Salami, Cheese & Tomato	4.00
- Salami & Salad	4.00
- Tenderloin, Lettuce, Mayo & Sweet Chilli	4.00
- Tuna & Tabouli	4.00
- Tuna & Salad	4.00
- Tuna, Lettuce & Mayo	4.00
(All wraps & rolls extra)	1.00

## Daily Specials

- Homemade Fried Rice with Chicken Wings		5.00
- Butter Chicken & Rice		5.00
- Curry Chicken & Pasta		5.00
- Spicy Chicken & Rice		5.00
- Mash Potato & Chicken Mushroom Sauce		6.00
- Beef Stroganoff & Rice		6.00
- Lebanese Meatballs in Red Sauce & Rice		5.00
	<i>Small</i>	<i>Large</i>
- Spaghetti Bolognese	4.00	5.00
- Fettuccine Pasta	4.00	5.00
- Napolitaine Penne	4.00	5.00
- 3 way Cheese Pasta	4.00	5.00
- Hokkien Noodle	4.00	5.00
- Homemade Lasagne	4.00	5.00
- Homemade Sheppard's Pie	4.00	5.00

### Soup of the Day (Stay warm in Winter)

- Chicken Noodle		5.00
- Pumpkin		5.00
- Lentil		5.00
- Chicken & Rice		5.00
- Vegetarian		5.00

	<i>Small</i>	<i>Large</i>
<b>Garlic Bread</b>	50c	1.00

### Salads

- Fattouche with Crispy Bread		5.00
- Greek		5.00
- Caesar		5.00
- Tuna		5.00
- Tabouli		5.00
- Garden		5.00
- Pasta		5.00
- Grilled Chicken (extra)		1.00

### Fruit Salad

- Small	2.00	<i>Medium</i>	3.00	<i>Large</i>	5.00
- Jelly Cup					1.00
- Yogurt with Topping					3.00
- Homemade Custard					2.00
- Homemade Rice pudding					3.00

## Drinks

	<i>Small</i>	<i>Large</i>
- Hot Chocolate	2.00	3.00
- Milk Shakes (flavoured)	3.00	4.00
- OAK Flavoured Milk (300ml's)		3.00
- OAK Flavoured Milk (500 ml's)		4.00
- Water		2.00
- Glee (flavoured)		3.00
- Waterford's (flavoured)		3.00
- Deep Spring (flavoured)		2.00