

# Healthy and Delicious Menu



## Breakfast

### **Manouche – Lebanese Pizza**

- Zaatar	3.00
- Cheese	3.50
- Minced Meat	4.00
- Cheese Puffs	1.50

### **Toasties**

*(Bread choices: White, Wholemeal & Multigrain)*

- Cheese Toast	3.00
- Cheese & Tomato	3.50
- Cheese & Ham	4.00
- Cheese, Ham & Tomato	4.50
- Bacon & Egg Roll	5.00
- Baked Hash Brown	1.50

### **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, onions, burger sauce and cheese	6.00
- Chicken - Lettuce & Mayo	6.00
- Fish - Fish Patty, Cheese & Tartar Sauce	6.00

### **Sandwiches, Rolls & Wraps**

- Avocado & Salad	5.00
- Cheese & Salad	5.00
- Caesar Roll	5.00
- Egg, Lettuce & Mayo	5.00
- Grilled Chicken & Tabouli	5.00
- Grilled Chicken & Coleslaw	5.00
- Grilled Chicken, Lettuce & Mayo	5.00
- Fresh Chicken & Tabouli	5.00
- Fresh Chicken, Lettuce & Mayo	5.00
- Falafel, Lettuce, Tabouli, Hummus & Tahini	5.00
- Ham, Lettuce & Mayo	5.00
- Ham & Salad	5.00
- Salami, Cheese & Tomato	5.00
- Salami & Salad	5.00
- Tenderloin, Lettuce, Mayo & Sweet Chilli	5.00
- Tuna & Tabouli	5.00
- Tuna & Salad	5.00
- Tuna, Lettuce & Mayo	5.00
- Zataar and Halloumi cheese with vegs	5.00
- Peri peri chicken	5.00
- Avocado and chicken	5.00
<i>(All wraps &amp; rolls extra)</i>	2.00

## Daily Specials

- Homemade Fried Rice with Chicken Wings	6.00
- Butter Chicken & Rice	6.00
- Curry Chicken & Pasta	6.00
- Spicy Chicken & Rice	6.00
- Mash Potato & Chicken Mushroom Sauce	6.00
- Beef Stroganoff & Rice	6.00

- Spaghetti Bolognese	6.00
- Fettuccine Pasta	6.00
- Napolitaine Penne	6.00
- 3 way Cheese Pasta	6.00
- Hokkien Noodle	6.00
- Pasta Bake	6.00
- Homemade Sheppard's Pie	6.00

### **Hot rolls and wraps**

- Beef Kebab.	7.00
- Chicken kebab	7.00
- Sweet chilli	7.00
- Kafta	7.00
- Fajita.	7.00

### **Garlic Bread**

1.00

### **Salads**

- Fattouche with Crispy Bread	7.00
- Greek	7.00
- Caesar	7.00
- Tuna	7.00
- Tabouli	7.00
- Garden	7.00
- Pasta	7.00

### **Fruit Salad**

- Small	4.00
- Jelly Cup	1.00
- Yogurt with Topping	3.00
- Homemade Custard	2.00
- Homemade Rice pudding	3.00

## Drinks

- Hot Chocolate	3.00
- Milk Shakes (flavoured)	4.00
- OAK Flavoured Milk (300ml's)	3.00
- OAK Flavoured Milk (500 ml's)	5.00
- Water	2.60
- Glee (flavoured)	3.00
- Waterford's (flavoured)	4.00
- Deep Spring (flavoured)	4.00