



SERVICING CAMELOT RISE P.S in TERM 4, 2019
Available Monday, Wednesday, Thursday & Friday's
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED
Select a 2 Course Lunch for \$9.20 or a 3 Course Lunch for \$10.60

LUNCH ITEM ONE

SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Thai Style Noodle Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
- Mexican Inspired Salad (V, GF)
- Quinoa, Tabouli & Tuna Salad (GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Asian Style Slaw with Shredded Chicken (GF)

SUSHI

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)

BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- Supreme Pizza Roll
- Topped with Only Cheese Roll

PITA PIZZA'S

- Margherita Pita Pizza
- Ham and Pineapple Pita Pizza
- Fresh Tomato and Italian Herb Pita Pizza
- Spinach and Feta Pita Pizza

SANDWICHES, ROLLS & WRAPS

- Ham, Cheese and Tomato Sandwich
- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Ham and Cheese Roll
- Gluten Free Ham & Cheese Sandwich (GF)
- Turkish Bread with Tzatziki, Spinach and Tomato
- Simple Salad Roll
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich
- Wholemeal Roll – Simple Salad (No Cheese)
- Mild Salami and Salad Roll
- Beetroot and Salad Roll
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain Cheese and Tomato Sandwich
- WRAP (GF) Ham and Salad
- GF Vegemite & Tasty Cheese Sandwich
- Chicken and Salad Roll
- Wholegrain ROLL Tuna and Salad
- Salad with Ham (No Cheese)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

- Fresh Fruit Combo
- Freshly chopped Strawberries & Grapes
- Apple with Lemon Juice, Brown Sugar & Cinnamon
- Freshly chopped Cantaloupe & Watermelon
- Stewed Apple & Rhubarb with Custard
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Freshly Chopped Watermelon Pieces
- Whole Fruit - Banana
- Freshly chopped Pineapple with Orange pieces
- Lightly Steamed Corn Wheels & Broccoli
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Edamame (Lightly Salted)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers

BAKED GOODS

- Choc Chip Cookie
- Fruit Bun
- Finger Bun with Sprinkles
- Banana Cup Cake (GF,DF)
- Iced Cup Cake
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin

YOGHURT

- Strawberry Chobani Yoghurt
- Blueberry Chobani Yoghurt
- Passionfruit Chobani Yoghurt
- Plain Chobani Yoghurt
- Chia, Banana, Coconut and Strawberry Bowl

DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Pea & Mint Dip with Rice Crackers (DF)

POPCORN/SNACKS

- Cobs Popcorn, Lightly Salted
- Cobs Popcorn Slightly Sweet, Lightly Salted
- Lightly salted Fav'va Beans

DRINKS

- Apple Juice
- Orange Juice
- Full Cream Milk
- Nippy's Chocolate Milk

Healthy, Interesting & Affordable Lunches Delivered to School!

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