

Sacred Heart college

2017



munchies.

fresh fruit cups	2.5
home made assorted muffins	2.8
selection of cookies, from	2.5
home baked cakes, per piece	2.5

cool choices.

fresh fruit salad	2.5
yoghurt with fruit topping	2.5
cup of watermelon	2.5
seasonal fresh fruit piece	1.0
Dip pack, assorted vegetables & dips	3.5
fresh salads, from	4.5
fresh salads, with protein, from	5.0
sushi packs, tuna, chicken & vegetarian	5.0
jelly cup (small)	2.0
dessert cups	3.5

so hot.

hot lunch box options, from	4.0
gourmet burgers, from	4.5
vegetarian, pasta, quiches & curries, from	4.5
pasta options, from	4.5
good eating mrs macs pie	3.5
good eating mrs macs sausage roll	3.0
sauce	0.3

bakery.

homemade muffins / cup cake	2.8
our own cakes	2.5
choc chip cookies	2.5
french pastries, from	2.5
assorted slices, from	2.5
banana bread	2.5

salty snacks.

red rock deli chips (45gm)	2.5
pretzel, sultana (gf) or dried fruit pot	1.5
beef jerky (25g)	2.5
grain waves (40g)	2.5

rice cracker (gf) 1.0

thirst quenchers.

spring water 600ml	2.0
pump water	3.5
juice box	2.0
100% juice bottle	3.0
flavoured milk, chill 300ml	2.2
600ml	3.2
up & go	2.5
Nestea	3.5
emma & toms, smoothie	4.4
emma & toms, quencher	4.4
deep spring mineral water lol, 250ml	2.5
appletiser, 250ml	3.0

icy treats.

calippo	2.0
quelch tube	1.0
icy pole	1.8
frosty fruit	2.2
life savers icy poles	2.2
milo cup	3.0
frozen yoghurt (strawberry, chocolate, blue)	2.0
fandangles	2.0

sandwiches, wraps & rolls.

standard sandwich (strawberry jam or vegemite)	1.5
gourmet sandwich or roll	4.0
baguettes	4.0
Wraps	4.0

feedback is always welcome

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all allergens can be catered for with enough notice

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some products may contain traces of
nuts.

