



MONTESSORI JUNIOR SCHOOL LUNCH LIST - 2024



SANDWICHES / ROLLS - WHITE OR W/MEAL

*No spreads unless requested. Rolls & pita wraps extra 50c
(Gluten free pita & gluten free bread available)*

- Cheese \$4.00
- Egg \$4.00
- Meat (ham / turkey / roasted chicken / tuna) \$6.00
- Schnitzel \$7.00
- Toasted sandwich - ham + cheese / tomato + cheese \$6.50
- Vegemite / honey / jam \$3.50
- Salad \$6.00

Add 60c for the following items: lettuce, tomato, mayo, cheese, cucumber, carrot. Add \$1.00 for avocado

HOT FROM THE OVEN

- Mexican nachos - with sour cream (gluten free)
(MON / FRI) \$8.00
- Beef burger - round roll + Cos lettuce + fresh tomato \$7.50
- Vegan burger - round roll + Cos lettuce + fresh tomato \$7.50
- Baked crumb chicken burger - lettuce + tomato
(MON / FRI) \$7.50
- Vegetarian rice \$6.00
- Steamed rice \$4.00
- Steamed dim sim \$2.00
- Pork dumplings \$2.50
- Borek - spinach & cheese \$5.50

SUPER SALAD BAR

- Greek style salad with feta \$6.50
- Veggie Snack Box - cucumber + carrots + cherry tomato
snow peas & hummus \$6.50
- Fruit Snack Box - grapes + strawberry + orange +
w/melon & yoghurt \$6.50
- Fruit & Veggie Snack Box - carrots + celery + grapes
+ strawberries + crackers
& hummus \$6.50

MOUTH WATERING FRUIT

- Apple / banana / orange / pear / kiwi \$2.50
- Fresh fruit salad cup (mixed seasonal fruit) \$6.50
- Watermelon bowl \$6.50

HOT PACKS

- Chicken delight - 4 oven baked nuggets served
with carrots + corn cob \$7.00
- Taco salad - soft chicken taco with garden salad \$7.00

SNACKS

- Sultanas \$1.50
- Carrot / celery sticks \$2.00
- Banana bread 85g \$3.50
- Corn chips low salt \$3.20
- Lamingtons 80g \$3.50

COLD SNACKS

- Yoghurt cup - plain \$3.00
- Yoghurt cup - with fresh banana or strawberry \$4.00
- Sushi Rolls - veggie / tuna \$3.50
- Sushi Rolls - salmon / chicken / california \$3.50

DRINKS

- Bottled water \$2.50
- Nippy's - 250ml choc / strawberry \$3.00
- 375ml banana \$3.20
- Popper Juice - apple / orange / multi-vitamin /
apple + blackcurrant \$2.60
- Remedy Kombucha - Raspberry lemonade /
cherry plum \$3.20
- Spring water fruit juice - lemonade / orange passion /
grape / watermelon \$3.20

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