



CENTRAL CAFE

2020 SMART CHOICES MENU



OPEN TUESDAY WEDNESDAY THURSDAY
FIRST BREAK ONLY

Sandwiches

| | |
|--|--------|
| Ham | \$3.80 |
| Chicken | \$3.80 |
| Meat & Salad (Lettuce, tomato, carrot) | \$4.80 |
| Cheese (grated) | \$3.80 |
| Salad only (Lettuce, tomato, carrot) | \$3.80 |
| Vegemite or jam | \$2.80 |
| Egg and Lettuce | \$3.60 |

Wraps

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|----------------------|--------|
| Sweet Chilli Chicken | \$6.00 |
| Salad & Meat | \$5.50 |
| Salad only | \$4.50 |

Hot Food

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|--|--------|
| Spaghetti Bolognese or Lasagne (homemade) | \$4.00 |
| Pies plain traveler | \$4.00 |
| Sausage rolls | \$3.00 |
| Pizza (Ham & pineapple) | \$3.50 |
| Chicken Nuggets (each) | \$.80 |
| Chicken Nuggets (each Gluten Free) | \$.90 |
| Fish fingers (each) | \$.70 |
| Hot dog with sauce | \$3.50 |
| Hot dog with cheese | \$4.00 |
| Sauce (extra) | \$.30 |

Salads

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|----------------|--------|
| Salad Tray | \$4.50 |
| Meat and salad | \$5.50 |

Snacks & Crackers

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|---|--------|
| Corn thins (Gluten Free available) | |
| Vegemite | \$.70 |
| Cheese OR Tomato | \$.80 |
| Cheese & tomato | \$1.20 |
| Cheese & Vegemite | \$1.20 |
| Muffin (large) | \$1.50 |
| Banana Bread (Plain) | \$1.50 |
| Chocolate brownie slice | \$1.00 |
| Pikelet with jam | \$.70 |
| Jumpies | \$1.00 |
| Air popped popcorn | \$1.00 |
| Honey Soy Chicken chips | \$1.40 |
| Boiled egg | \$.80 |

Toasted Sandwiches

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|----------------------------------|--------|
| Ham | \$4.00 |
| Chicken | \$4.00 |
| Ham & cheese OR Chicken & Cheese | \$4.50 |
| Ham OR Chicken/Cheese/Tomato | \$5.10 |
| Ham OR Chicken/Cheese/Pineapple | \$5.10 |

Burgers

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|------------------|--------|
| Lean Beef Burger | \$5.00 |
| Cheese Burger | \$4.50 |

Burger comes with Lettuce/Tomato/Carrot & Sauce

Cold Snacks

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|---|--------|
| Fruit in season | \$1.50 |
| Apple slinky | \$1.60 |
| Frozen grapes in cup | \$1.50 |
| Chocolate mousse cup (Gluten Free) | \$1.50 |

Frozen Snacks

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|------------------------------|--------|
| Icecreams (Low fat) | \$1.50 |
| Ice blocks (99% fruit juice) | \$1.00 |
| Zing yoghurt & fruit juice | \$1.00 |
| Frozen yoghurt pops (2) | \$.50 |
| Frozen flavoured milk shapes | \$.20 |

Drinks

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| Popper juice | \$2.00 |
| Quench carbonated fruit juice (Raspberry apple/Lemonade) | \$2.50 |

Over the counter sales will be available from **10.50-11.15am.**

Please write your child's name, class and which break on a separate bag for each lunch order.

Bags/Cutlery are available from the tuckshop for 10c each or buy 6 for 50c