HE LUNCH BEX AUTUMN MENU 20

MENU 2025

DAILY SPECIALS

MON	DAY

Curry Monday (GF)\$6.00

Your choice of homemade:

Butter Chicken or

Paneer Butter Masala (Veg)

Served with Basmati Rice.

TUESDAY

Sushi\$4.00

Homemade sushi, choice of Chicken, Chicken Teriyaki, Chicken and Avo, Avocado, Tuna, Tuna and Avo

WEDNESDAY

Chicken and Wedges \$7.00

Two chicken tenders served with potato wedges.

Add Sauce 50c extra.

THURSDAY

Buddy Burger \$6.00

Choice of Beef, Chicken or Veggie patty with lettuce,

tomato and sauce.

FRIDAY

Hot Gravy Rolls\$6.50

Your choice of:

Chicken & Gravy or

Beef Brisket & Gravy.

Add Cheese 50c extra.

Lunch Pack - \$8

Includes your choice of sandwich (jam, honey, vegemite or cheese), piece of fruit, muffin and your choice of snack (popcorn, chips or cheese and crackers)

SANDWICHES/WRAPS/BOX

Honey, Jam or Vegemite	. \$2.50
Cheese	. \$3.00
Egg and Lettuce	. \$4.50
Salad	. \$4.00
Ham or Chicken	. \$4.00
Add Salad	. \$2.00
Add Cheese	. \$0.50
Salad includes: lettuce, tomato, carrot	
cucumber.	

HOT ITEMS

Penne Alfredo	\$6.00
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Homemade Penne Alfredo with your choice of Chicken or Vegetarian (V). Gluten Free option available. (GF)

Lasagne

Beef	.\$5.50
Vegetarian (V)	.\$5.50

Rice (V)(GF)\$2.00

Steamed rice with soy sauce.

Hot Dog\$4.50

97% Fat Free Hot Dog served in freshly baked hot dog buns with tomato or BBQ sauce. Cheese 50c extra.

Pretzel (V) Served Warm.....\$2.00

Mini Garlic Bread (V)\$1.50

Corn Cob (V) (GF).....\$2.00 **Chicken Nuggets** (GF).....\$4.50

6 chicken breast nuggets. Sauce 50c.

Tempura Fish Cocktail\$4.00

4 piece per serve. Tartare sauce 50c extra.

Cheesy Toast (V)\$2.50 **Pizza Slab**\$5.50

choice of Cheese (V), Vegetarian (V), Meat & Cheese, BBQ Chicken, and Hawaiian (beef and pineapple).

SNACKS

Home	emade	Muffin	(V)	\$2.50

Blueberry or Choc Chip Banana **Sticks & Dip** (V)(GF).....\$2.50

Fresh vegie sticks served with Tzatziki.

Cheese & Crackers (V)\$1.50 4 water crackers & reduced fat

cheese

Red Rock Deli Chips (GF)\$1.50

Sea Salt, Salt & Vinegar, Honey Soy Chicken, Sweet Chilli & Sour Cream.

Bliss Balls(GF)(V)\$1.00

Fruit Seasonal\$1.50 **Popcorn (**plain)\$1.00

Freshly Baked Biscuit (V)\$1.00

ANZAC or Chocolate Chip

TOASTIES/JAFFLES

Spaghetti	\$4.00
Ham, Cheese and Tomato	\$5.00
Chicken and Cheese	\$5.00
Baked Beans	\$4.00
Savoury Mince	\$4.50
Vegemite and Cheese	\$3.50
Sweet Chilli Chicken Tender	
Toasted Wrap	\$5.00
Add cheese 0.5	Oc extra

FROZEN SNACKS

Mini Vanilla Drumstick\$2.50
Bulla Frozen Yoghurt \$3.00
97% Fat Free (V)
Manga Basharni or Strawbarni

Mango, Raspberry or Strawberry

Ice Cream Dixie Cup (GF)......\$1.50 Lemon (DF), vanilla, strawberry, chocolate.

Lifesavers Ice Block.....\$1.50 Lemonade Icy Pole\$1.50

Frozen Fruit\$0.50

DRINKS

Sparkling Water 500ml	\$3.00
Flavoured Milk	\$3.00

Chocolate, Strawberry or Vanilla

Fruit Popper \$2.50 99% Fruit Juices

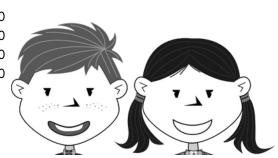
Apple, Orange, Apple &

Blackcurrant

Slushie\$2.50 Water 600ml \$2.00

(V) = Vegetarian.

(GF) = Gluten Free.



IF YOUR CHILD HAS A FOOD ALLERGY/INTOLERANCE PLEASE CONTACT THE TUCKSHOP TO SET UP A TIME TO DISCUSS THIS DIRECTLY WITH **OUR CONVENOR BEFORE PLACING AN ORDER.**