

# THE LUNCH BOX

## AUTUMN MENU 2025

### DAILY SPECIALS

#### MONDAY

**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/WRAP/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 and  
cucumber.

### HOT ITEMS

**Penne Alfredo** .....\$6.00  
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

**Homemade 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 .....0.50c extra

### FROZEN SNACKS

**Mini Vanilla Drumstick** .....\$2.50  
**Bulla Frozen Yoghurt** ..... \$3.00  
97% Fat Free (V)  
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.

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