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| ***BREAKFAST (8-8.20am)*** |
| Cheese Toasties | $2.50 |
| Ham Cheese Toasties | $3.50 |
| Toast (Butter + Spread) 1 piece | $0.50 |
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| ***COLD FOOD*** |
| Chicken Lettuce Mayo Roll Small | $2.50 |
| Chicken Lettuce Mayo Roll Large  | $5.00 |
| Chicken Cheese Mayo Roll Small | $2.50 |
| Salad Roll Small | $2.50 |
| Salad Roll Large  | $5.00 |
| Cheese Salad Roll Small | $2.50 |
| Cheese Salad Roll or Wrap | $5.00 |
| Chicken Cheese Carrot Lettuce Wrap | $5.00 |
| Ham Cheese Tomato Lettuce or Ham Salad Wrap | $5.00 |
| Ham Cheese Sandwich  | $3.00 |
| Ham Cheese Tomato Sandwich  | $3.50 |
| Egg Lettuce Sandwich | $3.00 |
| Egg Sandwich | $2.50 |
| Vegemite or Jam Sandwich  | $2.00 |
| Cheese Sandwich | $2.00 |
| Chicken Sandwich  | $4.00 |
| Cheese Vegemite Scroll | $3.50 |
| Make Mine Toasted (order only) | $0.50 |
| Garden Salad  | $5.00 |
| Greek Salad  | $6.00 |
| Caesar Salad  | $5.00 |
| Milo Bar + ½ Roll + $2 Drink | $5.50 |
| Milo Bar + Full Roll + $2 Drink | $7.50 |



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| ***HOT FOOD*** |
| Cheeseburger Mondays  | $5.00 |
| Hamburger Mondays  | $6.00 |
| Pizza Sub Tuesdays  | $2.50 |
| Chicken Pasta Bake Wednesdays | $5.00 |
| Garlic Bread Wednesdays  | $2.00 |
| Chicken Pasta Bake + Garlic Bread Meal Deal Wednesdays | $6.00 |
| Butter Chicken Wednesdays | $6.00 |
| Chicken Burger Mondays/Thursdays  | $5.00 |
| Sweet Chilli Tender Wraps Thursdays (Recess Only) | $5.00 |
| Chicken Fingers Fridays  | $3.00 |
| Mac and Cheese  | $4.50 |
| Lasagne | $4.50 |
| Meat Pie | $4.00 |
| Sausage Roll  | $3.50 |
| Cheese Spinach Roll | $4.50 |
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| ***HOT FOOD BY ORDER ONLY*** |
| Toasted Ham Cheese Tomato Sandwich | $4.00 |
| Toasted Ham Cheese Sandwich | $3.50 |
| Toasted Chicken and Cheese Sandwich | $5.00 |
| Toasted Cheese Sandwich | $2.50 |
| Toasted Spaghetti Sandwich | $4.50 |
| Toasted Baked Bean Sandwich | $4.50 |

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| ***CHECK MUNCH MONITOR FOR FURTHER DEALS*** |
| ***ALL ITEMS SUBJECT TO AVAILIBILITY***  |
| ***ALL PRICES SUBJECT TO CHANGE*** |
| ***NEW VOLUNTEERS WELCOME*** |
| ***FURTHER INFORMATION CONTACT TANYA MCCAULEY 02 4261 1416*** |

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| ***DRINKS*** |
| Water | 600ml | $1.50 |
| Water | 750ml | $4.00 |
| Berry Water | 750ml | $4.00 |
| Lime Cucumber Water | 750ml | $4.00 |
| Blood Orange Water | 750ml | $4.00 |
| Plain Milk  | 300ml | $2.00 |
| Plain Milk | 600ml | $2.50 |
| Plain Milk  | Litre | $3.00 |
| Chocolate Milk  | 300ml | $2.50 |
| Strawberry Milk  | 300ml | $2.50 |
| Chocolate Milk  | 500ml | $4.00 |
| Oak Plus Chocolate | 500ml | $4.00 |
| Oak Neapolitan | 425ml | $4.00 |
| Oak Cookies and Cream | 425ml | $4.00 |
| Apple Juice  | 250ml | $2.00 |
| Orange Juice  | 250ml | $2.00 |
| Apple Blackcurrant Juice  | 250ml | $2.00 |
| Iced Coffee | 300ml | $2.50 |
| Pepsi Max Can | 375ml | $2.50 |
| Pepsi Max Bottle | 450ml | $4.00 |
| Pepsi Max Vanilla Can | 375ml | $2.50 |
| Sugar Free Solo Can | 375ml | $2.50 |

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| ***SNACKS*** |
| Cheese and Crackers (6) | $2.00 |
| Carrots and Dip  | $2.00 |
| Yoghurt and Berries  | $2.50 |
| Yoghurt + Berries + Muesli | $3.00 |
| Yogo Cups | $2.00 |
| Watermelon or Rockmelon or Pineapple Cups  | $2.00 |
| Fruit Salad  | $3.00 |
| Custard Cups  | $2.00 |
| Milo Bars | $2.00 |
| Fruit Muffins  | $1.00 |
| Sea Salt Chips | $2.00 |
| Grain Waves  | $2.00 |

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| ***FROZEN SNACKS*** |
| Quelch 4 Flavours  | $0.50 |
| Fruit Cups 3 Flavours  | $1.00 |
| Juicies 4 Flavours | $1.50 |
| Sour Snap Stix | $1.50 |
| Paddle Pops | $2.50 |

