

We are trialling the following foods for Term 1 & 2 and if they do well our intention is to continue with them for the remainder of the year.

Nourish Bowls - Available Monday to Thursday		
\$5 (you can select as many as you like) Quinoa OR Rice (if you don't specify, it will be made with rice) 4 Bean Mix Tomato Diced Cucumber Diced Capsicum Diced Beetroot Diced Carrot Grated Cheese Grated Corn	Choice of Protein: <i>(extra \$1 each)</i> Egg Boiled AND/OR Tuna AND/OR Chicken AND/OR Ham AND/OR Salmon AND/OR Avocado	Choice of Dressing: <i>(extra 50c)</i> Garlic Aioli OR Italian OR Mayo OR Teriyaki OR No Sauce (no charge) Salt & Pepper (no charge)



Salami & Tinned Salmon can now be added to sandwiches or salad plates



New Hot Specials:

Monday Teriyaki Chicken & Rice \$4.50		THURSDAY Swapping Lasagna to Twista Pasta \$4.50	
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New Recess Specials:

Fish Bites (with hidden veg) 50c Yoghurt with Muesli \$2 Butterfly Bags (can be used for crunch & sip) \$1.50 Grapes & Strawberries Carrot & Cucumbers Cheese & Crackers			
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