

# **SUE'S SOUL FOODS - TERM 1 MENU**

## **BREAKFAST (from 8am to 8.40am):**

SMOOTHIES		<b>\$4.50</b>
- MIXED BERRY (G)		
- GREEN (G)		
- CHOCOLATE PEANUT BUTTER (G)		
BACON AND EGG MUFFIN (A)	- <u>AVAILABLE AT RECESS ALSO</u> -	<b>\$4.00</b>
RAISIN TOAST 2 pieces (A)		<b>\$3.00</b>
OVEN BAKED HASH BROWN (A)	- <u>AVAILABLE AT RECESS ALSO</u> -	<b>\$1.00</b>

## **HOT FOODS:**

MACHO NACHOS homemade sauce with toasted pita dippers (G)		<b>\$3.50</b>
NAPOLETANA PASTA gf available extra .50c (G)		<b>\$5.00</b>
HOMEMADE SAUSAGE ROLL (A)		<b>\$2.50</b>
STEAMED DIM SIM (A)		<b>\$1.00</b>
CHICKEN BREAST BURGER grilled or crumbed, in a roll with lettuce and mayo (A)		<b>\$6.00</b>
HAMBURGER - BEEF in a roll with lettuce, tomato and beetroot (A)		<b>\$6.00</b>
VEGIE BURGER in a roll with lettuce, tomato, and cheese (G)		<b>\$5.50</b>
<u>FOCACCIA</u> (A)	- <u>MADE TO ORDER ONLY</u> -	<b>\$5.00</b>
- HAM, CHEESE AND PINEAPPLE		
- CHICKEN, AVOCADO AND CHEESE		
- PESTO, SPINACH, TOMATO AND CHEESE		
<u>HOMEMADE PIZZA</u> (A)	- <u>AVAILABLE RECESS ONLY</u> - per slice	<b>\$2.50</b>
MONDAY/TUESDAY - MARGHERITA		
WEDNESDAY/THURSDAY - BBQ CHICKEN		
FRIDAY - HAWAIIAN		
<u>DAILY SPECIALS</u>	- <u>AVAILABLE PRE-ORDERED ONLY</u> -	
MONDAY - OVEN BAKED WEDGES WITH SOUR CREAM (A)		<b>\$6.00</b>
TUESDAY - OODLES OF NOODLES (A)		<b>\$6.00</b>
WEDNESDAY - SPAGHETTI BOLOGNAISE gf available extra .50c (G)		<b>\$6.00</b>
THURSDAY - QUICHE AND SALAD (A) Lorraine or Pumpkin, Fetta & Spinach		<b>\$6.00</b>
FRIDAY - FRIED RICE (G)		<b>\$6.00</b>
- LIGHT PIE (A)		<b>\$5.00</b>

## **SANDWICHES - ROLLS - WRAPS:**

Choice of Wholemeal - White - Gluten Free (.50c extra)

SALAD ONLY - lettuce, tomato, cucumber, carrot, cheese, mayo (G)	<b>\$3.50</b>
WITH MEAT - CHICKEN, HAM OR TUNA (G)	<b>\$4.50</b>
EGG AND LETTUCE (G)	<b>\$3.00</b>
CHEESE ONLY (A)	<b>\$2.50</b>

## **SALADS AND COLD FOODS:**

SUE'S SUPER SALAD - lettuce, carrot, tomato, cucumber topped with crisp oven baked sweet potato and pumpkin pieces (A)	<b>\$5.50</b>
CRUNCHY ASIAN SALAD (G)	<b>\$5.50</b>
- ADD CHICKEN, HAM OR TUNA	<b>\$6.50</b>
RICE PAPER ROLLS 2 pieces (G) - <u>AVAILABLE MONDAY/TUESDAY/WEDNESDAY</u> -	<b>\$3.50</b>
- CHICKEN, CARROT, CUCUMBER, MINT with sweet chilli mayo dipping sauce	
- VEGETARIAN: CARROT, CUCUMBER, LETTUCE, BEANSPROUTS, AVOCADO with sweet chilli mayo dipping sauce	
SUSHI 2 pieces (G) - <u>AVAILABLE THURSDAY/FRIDAY, PRE-ORDERED ONLY</u> -	<b>\$3.50</b>
- CHICKEN, TUNA OR VEGETARIAN	

## **SNACKS:**

MIXED SEASONAL FRUIT (G)	<b>\$3.00</b>
WITH YOGHURT (G)	<b>\$3.50</b>
CUP OF GRAPES OR WATERMELON (G)	<b>\$2.50</b>
HOMEMADE DIP WITH CARROT, CELERY STICKS AND RICE CRACKERS (A)	<b>\$3.50</b>
- FRENCH ONION	
- HOMMUS	
SUE'S SALSA - DICED CHEESE, CARROT, CELERY, TOMATO, AVOCADO (G) SERVED WITH RICE CRACKERS (A)	<b>\$3.50</b>
LUCKY SNACK PACKS 30g (G)	<b>\$2.50</b>
- NATURAL ALMONDS	
- OVEN ROASTED ALMONDS AND CRANBERRIES	
- WALNUTS CASHEWS AND ALMONDS	
KOALA POPCORN 25G (A)	<b>\$2.50</b>
- CHICKEN	
- SWEET CHILLI	
- LIGHTLY SALTED	

ICY POLE (A)	<b>\$1.50</b>
- LEMONADE	
- RASPBERRY	
PADDLE POP (A)	<b>\$2.00</b>
- RAINBOW	
- CHOCOLATE	

### **CAKES:**

CARROT CAKE (A)	<b>\$3.00</b>
APPLE SLICE (A)	<b>\$2.50</b>
SWEET MUFFINS (A)	<b>\$2.50</b>
GLUTEN FREE LEMON CUPCAKES (G)	<b>\$3.00</b>

### **DRINKS:**

WATER (G)	
PLAIN 600ml	<b>\$2.00</b>
LIGHT SPARKLING WATER 500ml	<b>\$2.50</b>
COOL RIDGE LIGHTLY SPARKLING WATER 500ml	<b>\$3.50</b>
- BERRY	
- CITRUS	
- PLAIN	
NIPPY'S FLAVOURED MILK 250ml (G)	<b>\$3.00</b>
- HONEYCOMB	
- CHOCOLATE	
- ICED COFFEE	
- STRAWBERRY	
AQUA FRUITS QUENCH 350ml (A)	<b>\$3.00</b>
- LEMON CRUSH	
- ORANGE CRUSH	
- PORTELLO	
NIPPY'S JUICE 350ml (G)	<b>\$3.00</b>
- ORANGE	
- APPLE	
- APPLE AND BLACKCURRANT	
SLUSHIES	<b>\$2.50</b>