



Open Monday, Thursday, Friday

Lunch Orders Must Be Online www.munchmonitors.com by 8.30am

HEARTY HOT FOOD

Lasagna 97% fat free	\$4.20	⊙⊙⊙
Macaroni Cheese 97% fat free	\$4.20	⊙⊙⊙
Chicken Fried Rice	\$4.20	⊙⊙⊙
Dim Sims Steamed	\$1.00	⊙⊙⊙
Hot Noodles Chicken or Beef	\$3.00	⊙⊙
Chicken crumbed tender	\$2.10	⊙⊙GF
Hot Dog	\$3.60	⊙⊙
Beef Burger with Lettuce and Sauce	\$4.40	⊙⊙⊙
Chicken Burger with Lettuce & Low Fat Mayo	\$4.40	⊙⊙⊙
Gluten Free Hot Dog (no roll)	\$3.00	⊙⊙GF
Chicken Breast Nugget - Bag of 3	\$3.30	⊙⊙
Chicken Breast Nugget - Bag of 6	\$5.50	⊙⊙
Corn Cobbette	\$1.00	⊙⊙⊙
100% Vegetable Pastie	\$4.20	⊙⊙ V
Good Eating Beef Pie	\$4.20	⊙⊙
Good Eating Sausage Roll	\$3.20	⊙⊙
Good Eating Potato Top Pie	\$4.20	⊙⊙
Good Eating Snack Party Pie	\$1.00	⊙⊙

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES

Baked Bean and Cheese	\$3.40	⊙⊙⊙ V
Spaghetti	\$3.00	⊙⊙⊙ V
Cheese	\$3.00	⊙⊙⊙ V
Ham and Cheese	\$4.00	⊙⊙⊙

You can only order online through Munch Monitor

www.munchmonitors.com



Login to MunchMonitor

SPECIAL SNACKS

Raspberry Twist (pack of 3)	\$1.00	⊙⊙
JJ's Chicken Crackers	\$1.50	⊙⊙
Red Rock Chips Honey/Soy	\$1.60	⊙⊙
Cobs popcorn, Sea Salt or Slightly Sweet	\$1.60	⊙⊙GF
Chips Sea Salt	\$1.60	⊙⊙GF
Home Style Cookies	\$2.20	⊙⊙
Gingerbread	\$1.60	⊙⊙
Ovalteenies	\$1.20	⊙⊙
Homemade Mini Muffin	\$1.00	⊙⊙
Veggie Cup with Dip	\$2.00	⊙⊙⊙GF
Seasonal Fruit Salad Cup	\$2.00	⊙⊙⊙GF

- ⊙⊙⊙ Every Day Foods
- ⊙⊙ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

**TRY OUR EVERYDAY
HEALTHY LUNCH PACK**

SUPER SANDWICHES AND SALADS

		Sandwich	
Vegemite	\$2.10	⊙⊙⊙ V	
Cheese	\$2.30	⊙⊙⊙ V	
Ham (97% fat free)	\$3.00	⊙⊙	
Ham (97% fat free) and Salad	\$4.00	⊙⊙	
Ham & Cheese	\$3.50	⊙⊙	
Tuna & Salad	\$4.00	⊙⊙⊙	
Roast Chicken	\$3.50	⊙⊙⊙	
Roast Chicken & Salad	\$4.50	⊙⊙⊙	
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50	⊙⊙⊙ V	
Egg & Lettuce	\$2.80	⊙⊙⊙ V	
Rolls or Wraps extra	\$0.60		
***All sandwiches on wholemeal bread ***			
White/Multigrain bread available on request			
FRESH MADE SALAD BOXES			
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50 Regular	⊙⊙⊙GF	
Add beetroot	\$0.50		
Add egg	\$0.50		
Add Tuna, chicken or ham	\$1.00		

EXTRAS

Salad Dressing Tub	\$0.50	⊙⊙
Tomato Sauce	\$0.30	⊙⊙
LUNCH BAGS	\$0.20	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

600ml Water	\$2.00	⊙⊙⊙GF
250ml Milk (Low Fat)	\$2.70	⊙⊙⊙GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	⊙⊙⊙GF
Orange or Apple		
Aqua Fruits Flavoured Springwater	\$2.70	⊙⊙GF
Cola, Blue Heaven or Apple Raspberry		

FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	⊙⊙⊙GF
Frozen Skim Milk Tubes	\$1.70	⊙⊙⊙GF
Chocolate or Blue		
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	⊙⊙⊙GF
Frozen Yoghurt Tubs Strawberry	\$2.30	⊙⊙⊙GF
Streets Choc Shake Cup	\$2.30	⊙⊙
Streets Paddle Pop	\$2.00	⊙⊙

EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	⊙⊙⊙
Mini Muffin		
Water		