## SANDWICHES & WRAPS

### SANDWICHES
- Jam, honey, vegemite or Cheese: $2.00
- Ham, or chicken roll (meat): $2.50
- Tuna: $2.50
- Salad (lettuce, beetroot, carrot & cucumber): $2.50
- Extra Topping, eg: Ham, Cheese, Tom, etc. Add: $0.50

### WRAPS
- Chicken, lettuce & mayo: $3.50
- Ham & salad: $3.50

### HOT FOOD
- Chicken nuggets (x4): $2.50
- Hot dog (Frankfurt in bread roll): $3.00
- * with tomato sauce: $3.50
- * with tomato sauce and cheese: $3.50
- Nacho dippers: $3.50
- Noodle cups (chicken or beef): $2.50

### FRUIT & SALAD
- Orange, Banana, Apple: $0.50
- Tossed Salad (lettuce, tom, cuc, carrot & celery): $3.50

#### SANDWICHES

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<thead>
<tr>
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<tbody>
<tr>
<td>Jam, honey, vegemite or Cheese</td>
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#### WRAPS

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<tbody>
<tr>
<td>Chicken, lettuce &amp; mayo</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham &amp; salad</td>
<td>$3.50</td>
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</tbody>
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### BURGERS

#### CHICKEN BURGER
(crumbed chicken patty, lettuce & mayo)
- $3.00

### PASTA & BREAD

#### PASTA
- Macaroni & cheese: $3.50

#### BREAD
- Garlic bread: $2.00
- Cheese & bacon roll: $2.00
- Plain bread roll: $0.50

### TOASTED SANDWICHES

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<table>
<thead>
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<tbody>
<tr>
<td>Baked beans</td>
<td>$3.00</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>$3.00</td>
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<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham &amp; cheese</td>
<td>$3.00</td>
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<tr>
<td>Ham &amp; tomato</td>
<td>$3.00</td>
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### PIZZA & PIES

#### PIZZA
- Ham & pineapple: $2.80
- Margarita: $2.80

#### PIES & SAUSAGE ROLLS
- Beef traveller: $3.00
- Sausage roll: $2.50
- Sauce (tomato or BBQ): $0.30

### DRINKS

#### WATER
- Small (300ml): $2.00
- Large (600ml): $2.50

#### FLAVOURED MILK
- Small (250ml): $2.00
- Large (500ml): $2.50

#### AROONA FIZZY MINERAL WATER
- (apple & raspberry, blue, lemon & lime, orange) (350ml) $2.00

#### POPPAS
- (apple, orange, orange & mango, paradise punch) (250ml) $1.80

### SNACKS

#### ICE BLOCKS
- Paddle pop – Choc, Rainbow & Banana: $1.50
- Lemonade Ice Twist: $1.00
- Zooper Dooper (Large): $0.50
- Jelly Joy Stick: $0.20
- Mini Calippo – lemon/rasp: $1.00
- Thick Shake Chocolate: $2.00
- Slushies: $1.50

#### SNACKS
- Ovalteenies: $0.80
- Sunfruits: $0.05
- Eucalyptus Drops: $0.60
- Popcorn: $0.80
- JJ Snax – pizza, chick, salt n vinegar: $1.00
- Deli Chips - orig, honey soy: $1.00

You only need to enter these details on sign up.

Go to [www.munchmonitor.com](http://www.munchmonitor.com)  MunchMonitor Email Help
Password: munch2745  help@munchmonitor.com

Volunteers please contact Julie Pratsch on 0412 114 524
Email: juliepratsch@hotmail.com