

## WEEKDAY DEALS

### CLOSED MONDAYS

#### TUESDAY

**Sushi** \$3.00 each

Teriyaki Chicken, Crumbed Chicken & Tuna

#### WEDNESDAY

**Sliders\*** \$3.50 and **Burgers\*** \$5.00

**Hamburger** with fresh made beef patty, sauce lettuce, tomato, cucumber and cheese

**Chicken Burger** with fresh made chicken patty, lettuce, cheese, mayo

**Vegetarian** Burger with vegie patty, lettuce, tomato, cucumber, sauce

#### THURSDAY

**Mild Chilli Con Carne\*** \$5.00

Mild beef chilli mince served with rice, tortilla strips with lite sour cream

Vegetarian option with vegetable chilli and cheese

#### FRIDAY

**Pasta Bolognaise\*** \$5.00

Beef bolognaise sauce packed with hidden goodness and pasta

Vegetarian option, tomato based sauce with vegetables and pasta.

## PARENTS DAY OFF

Cheesy Pasta Pot or Pita Pizza Pocket + muffin + fruit trio cup + air popcorn **\$5.00**

## SANDWICH, WRAP & SALAD BAR

Chicken and Salad*	\$5.00
Ham and Salad*	\$5.00
Egg and Lettuce*	\$4.00
Salad*	\$4.00
Cheese and Tomato*	\$3.00
Vegemite*	\$1.50
Caesar Salad bowl*	\$5.00
Shaker Salad cup*	\$3.00

Extras & Toasting also available

## HOT FOOD

**Mini Pita Pizza Pocket\*** \$2.00

Hawaiian, Napolitana

**Loaded Potato Bake\*** \$2.00

Baked beans and cheese, Cheese

**Mini Chicken Burrito\*** \$2.50

2 chicken goujons served in a pita pocket with lettuce and salsa

**Cheesy Pasta Pot\*** \$2.00

Spiral pasta with pasta sauce and cheese (no meat)

## BAKERS TRAY

Apple and Cinnamon muffins\* \$1.00

Mixed Berry muffins\* \$1.00

Fruity oat biscuits\* 50c

## SMART SNACKS & FRUITS

Available for Brain Break, 1<sup>ST</sup> and 2<sup>ND</sup> break

**Mouse Trap\*** \$1.50

cheese cubes and rice crackers

**Bunny Bag\*** \$2.00

carrot, celery, cucumber, tomato

**Pony Pack\*** \$1.50

carrot, apple, fruity oat bites

**Yoghurt Cup** \$1.00

low fat vanilla yoghurt

- with berry fruit \$1.50

**Fruit Trio Cup** \$1.50

3 seasonal fruits in a cup, may contain; watermelon, grapes, apple, orange/mandarin, strawberry

**Whole Fruit** \$1.00

banana, apple slinky, citrus



## DRINKS AND TREATS

A selection of commercial and fresh made treats available over counter from 50c - \$2.00

\*Made onsite using fresh and local ingredients where possible.

See and order full menu items online at [munchmonitor.com.au](http://munchmonitor.com.au)

