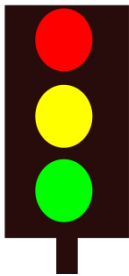


MENU

At Nightcliff Middle School,
We comply with the
Nutrition & Healthy
Eating Policy.
Using the traffic light system,
It assists you in making a
healthier choice.



RED: Not available

AMBER: Occasional

GREEN: Every day healthy
choice

* GF, vegetarian meals and snacks
available

DAILY CHOICES

BOILED EGG	\$1.00
WING DING oven baked	\$2.50
CHICKEN STRIP oven baked	\$2.50
FRESH SANDWICHES & WRAPS	\$4.00
SALAD Greek and Caesar (PRE Order only)	\$5.50
CHICKEN STRIP WRAP w/salad (Tuesday & Friday)	\$6.00
CHICKEN STRIP SUB w/salad (Monday & Wednesday)	\$5.00
QUICHE assorted flavours	\$5.00
PIZZA (Monday & Friday)	\$5.00
HOTDOG	\$4.00
BACON & EGG toasted	\$5.00
PIE	\$4.00
SAUSAGE ROLL jumbo	\$5.00
SPINACH & CHEESE ROLL	\$5.00
BURGERS beef or chicken With salad	\$5.00
TOASTIES assorted	\$4.00
WEDGES oven baked w/sour cream & sweet chilli sauce (Tuesday)	\$5.00
FISH & CHIPS oven baked	\$5.50

SNACKS

POPCORN air popped	\$2.50
FRESH FRUIT	\$1.00
SULTANA 40g	\$1.00
NUTS assorted 250g	\$2.00
YOGURT fruit	\$2.50
FRUIT YOGURT w/muesli	\$4.00

JELLY FRUIT CUP	\$2.00
CREAMED RICE	\$3.50
MUFFIN assorted	\$2.50
RED ROCK assorted chips 250g	\$2.50
MUESLI BARS assorted	\$1.00

DRINKS

100% FRUIT JUICE	\$2.50
ORGANIC FRUIT JUICE	\$3.00
Water	\$3.00
COCONUT WATER	\$3.00
UP & GO choc, straw & banana	\$3.50
OH SPARKLING WATER Assorted flavours	\$3.00
MILK choc, straw & plain	\$2.50

DAILY MAIN MEAL

PASTA – Monday
eg: lasagne, pasta assorted

SPICY – Tuesday
eg: butter chicken, curry assorted

PASTA – Wednesday
eg: Spaghetti Bolognese

MEAT & VEG – Thursday
eg: stir-fry, stews

ROAST – Friday
eg: chicken & potato, roast of the day with
roasted veggies

**Check menu board in store for the daily dish.
\$5.50*