



Food @ the Forest 2009 Menu

(Ties on Sale \$16 @ Canteen before Roll Call)

AVAILABLE FOR BREAKFAST		PRICE	DRINKS		PRICE
Cheese Melts		1.00	Plain Milk (small)		1.00
Toasted Sandwiches		2.50	Plain Milk (large)		1.50
Muffins		2.00	Mt. Franklin Water		2.00
Banana Bread		2.50	Up & Go		2.00
Fruit Salad		3.00	Nippy Juice Poppers		1.50
Yoghurt (97% fat free)		2.50	Pump (all flavours)		2.50
Up & Go		2.00	Golden Circle Can (various)		2.00
Plain Milk (small)		1.00	Golden Circle Classic Juices		2.50
Flavoured Milk (small)		2.00	Coke Zero (diet)		3.00
Flavoured Milk (large)		3.00	Sprite Zero		3.00
Golden Circle Fresh Juice		2.50	Flavoured Milk (small)		2.00
Mt. Franklin Water		2.00	Flavoured Milk (large)		3.00
Pump Water		2.50	Powerade		3.50
Fruit Smoothies (Breakfast Only)		2.50			
HOT FOOD		PRICE	SALAD ITEMS		\$3.50
Cheese Melts		1.00	Greek Salad	Caesar Salad	
Garlic Bread		1.50	Potato Salad	Garden Salad	
Pizza Pockets (ham & pineapple supreme)		2.00	Pasta Salad	Rice Salad	
Sausage Rolls (Wednesdays Only)		2.00	Salad Boxes	Salad Plate	
Travellers Pie (Wednesdays Only)		2.50	Salad Plate with meat option		\$5.00
Potato Pies (WINTER ONLY)		2.50	(Chicken, Tuna, Ham or Egg)		
Chicken Burgers		3.50	ICE CREAMS		PRICE
Hot Wraps (Salad & Chicken)		3.50	Quelch Sticks		.60
Hamburgers		3.50	Icy Twists		1.20
Hokkien Noodles		3.50	Calypo (Lemon Raspberry)		1.20
Fried Rice		3.50	Vanilla Cups		1.30
DAILY SPECIALS		\$3.50	Paddle Pops		1.50
MONDAY: Pasta Bake			Frozen Yoghurt		2.00
TUESDAY: Vegetable Frittata			Choc/Raspberry Swirls		2.00
WEDNESDAY: Vegetarian Pasta			Milo Cups		2.00
THURSDAY: Nachos					
FRIDAY: Spaghetti Bolognese					
SANDWICHES - add 50 cents for Rolls					
Vegemite		1.00	Extras		.50
Cheese		1.50	Salad Wrap		3.50
Tuna		2.00	Salad with Chicken Ham Tuna		5.00
Egg		3.00	Salad and Cheese Wrap		3.50
Salad		3.00	Ham Salad Wrap		3.00
Ham		3.00	Chicken Wrap		3.50
Roast Chicken		3.00			

Thank you to all our volunteers - We still have a few days to fill...

Contact: Ros on 9451 5111 or Karen Mb: 0417 417 487 | email: gfkazza@hotmail.com

Prices as of February 2009

