



YBK RECESS MENU

EVERYDAY

Seasonal fresh fruit	\$ 1.00
Fruit kebab	\$ 1.00
Fresh fruit salad	\$ 3.00
Fruit salad and Greek yoghurt	\$ 3.70
Apple slinky	\$ 1.00
Crispy fruits – pure dried fruit	\$ 1.50
Carrot sticks	\$ 0.20
Health pack (carrot, celery, cucumber, ham cheese and crackers)	\$ 3.00
Cucumber, celery and carrot cups with Hummus	\$ 1.70
Cheese jaffle	\$ 0.80
Pizza bread	\$ 1.00
Oven baked Frittata bites	\$ 1.00
Greek Yoghurt cups	\$ 1.00
Greek Yoghurt cups with berries	\$ 1.50
Pauls vanilla Custard cups (GF)	\$ 1.00
Koala Popcorn Plain	\$ 1.40

OCCASIONAL

Variety of homemade fruit muffins	\$ 1.50
Oven baked hash browns	\$ 1.00
Spinach and ricotta triangles	\$ 0.50
Garlic Bread	\$ 0.70
Jelly cups	\$ 1.00
Veggie chips (GF)	\$ 1.50
Banana bread	\$ 3.00
Half	\$ 1.50

DRINKS

EVERYDAY

Water	\$ 2.00
Sparling Mineral water	\$ 2.50
Mount Franklin Flavoured sparkling mineral water	\$ 2.20
Pauls milk carton 300ml	\$ 2.00
Sipahh straw to enjoy with your plain milk	\$ 0.50
OAK Flavoured milk 300ml	\$ 2.20
Soy milk	\$ 2.50
Coconut water	\$ 2.50

OCCASIONAL

Juice poppers 99% fruit juice 250ml	\$ 2.00
Kids Nudie Juice	\$ 2.20
GLEE (99% fruit juice in sparkling mineral water)	\$ 2.20

YBK LUNCH MENU

EVERYDAY

SANDWICHES

Option of white, wholemeal, multigrain, Helgas low carb and gluten free bread available

Vegemite or honey	\$ 1.80
Vegemite and light tasty cheese	\$ 2.40
Light Tasty Cheese	\$ 2.20
Chicken, lettuce and mayo	\$ 4.00
Chicken and salad	\$ 4.50
Egg and Lettuce	\$ 3.50
Salad	\$ 3.50
Tuna and mayo	\$ 3.20
Tuna and salad	\$ 4.50
Light Tasty Cheese and tomato	\$ 3.20
Ham	\$ 3.00
Ham and tasty cheese	\$ 3.60
Ham and salad	\$ 4.50
Cheese and salad	\$ 4.50
Ham, tasty Cheese and Tomato	\$ 4.00

(extra fillings \$ 0.50, toasted \$ 0.50, roll \$ 1.00 Turkish bread \$1.00)

WRAPS / ROLLS

Char grilled chicken breast with lettuce, tomato, cucumber and mayo	\$ 5.00
Falafel wrap (Falafel, hommos, tomato, cucumber)	\$ 5.50

Ham, cheese and Pineapple	\$ 5.00
Tuna, lettuce, tomato and mayo	\$ 5.00

FRESH SALADS

Fruit salad and yoghurt	\$ 3.70
Salad and dressing	\$ 4.00
Grilled chicken and salad	small \$ 3.80
Tuna and salad	small \$ 3.80
Greek salad	small \$ 3.80 large \$ 5.00

OCCASIONAL

Homemade chicken schnitzel WRAP with avocado, lettuce and mayo	\$ 5.00
Caesar salad (lettuce, bacon, parmesan and croutons)	\$ 5.00

(small \$3.80 ; chicken \$1.00 extra)

(extra fillings in sandwiches, wraps, salads, gluten free \$ 0.50)



HOT FOOD

EVERYDAY

Penne Bolognese (pasta with Homemade Bolognese sauce)	\$ 4.00
Penne with napoletano sauce (with or without parmesan cheese)	\$ 3.80
Fried rice with Vegetables	\$ 3.80
Chicken kebab stick	\$ 2.70
Chicken kebab in a roll	\$ 3.70
Chicken Kebab on roll with lettuce	\$ 4.00
<u>Chicken Burger</u> (fresh chargrilled chicken breast, lettuce, mayo)	\$ 4.00
<u>Portuguese chicken burger</u> (chicken burger +Portuguese and sweet chili sauce)	\$ 4.50
<u>Beef burger</u> (100% beef patty, lettuce, tomato and sauce)	\$ 4.00
<u>Vegetarian Burger</u> (potato Patty+ lettuce, tomato and mayo)	\$ 4.50
SOUP Wonton Soup OR chicken noodle soup	\$ 3.80

OCCASIONAL

Ricotta and Spinach Rolls	\$ 3.00
Mrs Macs Light meat cruiser pie	\$ 3.50
Mrs Macs Good Eating sausage roll	\$ 3.00
Mrs Macs Potato Pie	\$ 3.80
Mrs Macs Halal Pies	\$ 4.00
Mrs Macs Halal Sausage rolls	\$ 3.00
Mrs Macs Gluten free pie	\$ 5.00
Mrs Macs Gluten free sausage roll	\$ 4.00

(sachets 0.30 cents extra)

FROZEN ITEMS

EVERYDAY

Frozen seasonal fruit <i>from</i>	\$0.10	to	\$ 1.00
<i>(watermelon, rockmelon, pineapple, oranges, grapes)</i>			
Quelch sticks			\$ 0.70
Juicies			\$ 1.00
Juicie Tubes			\$ 1.30
Mini Frozen yoghurt on a stick			\$ 0.80

OCCASIONAL

Paddle pop	\$ 1.60
Choc coats	\$ 1.00
Spider sticks	\$ 1.00
Icy Pole	\$ 1.20
Twisted Yoghurt cups <i>(98% fat free Greek yoghurt with live and active probiotics)</i>	\$ 2.50

**Our menu is based on the
Smart Choices Strategy:**

EVERYDAY *(food to eat everyday)*

OCCASIONAL *(foods to eat sometimes)*

DAILY SPECIALS

WEDNESDAY

Pizza Margherita	\$ 3.80
<i>(Margherita is with tomato and mozzarella cheese)</i>	
Pizza Vegetarian	\$ 4.50
Pizza Ham and Pineapple	\$ 4.50
Pizza Meatlover	\$ 4.50
Chicken nuggets (4x)	\$ 2.40

THURSDAY

Bacon and Egg Burger + custard cup	\$ 5.00
Portuguese chicken burger	\$ 4.50

FRIDAY

Homemade Butter Chicken with rice and a frozen juice cup	\$ 5.00
Fish Burger and a frozen juice cup (fish fingers, cheese, lettuce and mayo)	\$ 5.00

WE CATER FOR SPECIAL DIETARY REQUIREMENTS:



GLUTEN FREE

Muffins	\$ 1.50
Banana bread	\$ 4.00
Twista Bolognaise	\$ 4.00
Homemade fried rice with gluten free soy sauce	\$ 3.80
Health pack with gluten free crackers and gluten free Hummus	\$ 3.00
Gluten free burgers	\$ 5.00
Gluten free wraps	\$ 6.00
Gluten free pie	\$ 5.00
Gluten free sausage roll	\$ 4.00



DAIRY FREE

Soy life yoghurt	\$ 2.50
Soy milk	\$ 2.50



HALAL

Halal Pies	\$ 4.00
Halal Sausage rolls	\$ 3.00
Falafel wrap (Falafel, hommos, tabouli)	\$ 5.50
Chicken burger (chicken, lettuce and mayo)	\$ 4.00
Chicken kebab stick	\$ 2.70
Chicken kebab in a roll	\$ 3.70