



YBK RECESS MENU

EVERYDAY

Seasonal fresh fruit	\$ 1.00
Fruit kebab	\$ 1.00
Fresh fruit salad	\$ 3.00
Fruit salad and Greek yoghurt	\$ 4.00
Apple slinky	\$ 1.00
Carrot sticks (x4)	\$ 0.50
Health pack	
(carrot, celery, cucumber, ham cheese and crackers)	\$ 3.50
Cucumber, celery and carrot cups with Hummus	\$ 2.50
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	\$ 1.50

OCCASIONAL

Variety of homemade muffins	\$ 1.50
Oven baked hash browns	\$ 1.00
Spinach and ricotta triangles	\$ 0.50
Garlic Bread	\$ 0.80
Jelly cups	\$ 1.00
Veggie chips (GF)	\$ 1.50
Banana bread	\$ 3.50
Half	\$ 1.80

DRINKS

EVERYDAY

"Just water" still water	\$ 2.50
"Just water" infused	\$ 3.00
Water	\$ 3.00
Sparling Mineral water	\$ 3.00
Pauls milk carton 300ml	\$ 2.00
OAK Flavoured milk 300ml	\$ 2.50
Soy milk	\$ 3.00
Coconut water	\$ 3.00
Up & Go	\$ 2.50

OCCASIONAL

Juice poppers 99% fruit juice 250ml	\$ 2.00
Kids Nudie Juice	\$ 2.50
GLEE (99% fruit juice in sparkling mineral water)	\$ 2.50
Quench	\$ 2.50

YBK LUNCH MENU

EVERYDAY

SANDWICHES

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

Vegemite or honey	\$ 2.40
Vegemite and light tasty cheese	\$ 3.20
Light Tasty Cheese	\$ 3.00
Chicken, lettuce and mayo	\$ 4.00
Chicken and salad	\$ 4.80
Egg and Lettuce	\$ 3.80
Salad	\$ 4.00
Tuna and mayo	\$ 3.80
Tuna and salad	\$ 4.80
Light Tasty Cheese and tomato	\$ 3.80
Ham	\$ 3.50
Ham and tasty cheese	\$ 4.00
Ham and salad	\$ 4.80
Cheese and salad	\$ 4.80
Ham, tasty Cheese and Tomato	\$ 4.50

(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	\$ 6.00
Falafel wrap (hommos, tomato, cucumber, lettuce)	\$ 6.00

Ham, cheese and Pineapple	\$ 6.00
Tuna, lettuce, tomato and mayo	\$ 6.00

FRESH SALADS (all salads come with dressing)

Fruit salad and yoghurt	\$ 4.00
Salad and dressing	\$ 4.00
Grilled chicken and salad	small \$ 4.00 \$ 5.50
Tuna and salad	small \$ 4.00 \$ 5.50
Greek salad	small \$ 4.00 large \$ 5.50

OCCASIONAL

Homemade chicken schnitzel WRAP	
with avocado, lettuce and mayo	\$ 6.50
Caesar salad	
(lettuce, bacon, parmesan and croutons)	\$ 5.50
<i>(small \$3.80 ; chicken \$1.00 extra)</i>	

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



HOT FOOD

EVERYDAY

Penne Bolognese (pasta with Homemade Bolognese sauce)	\$ 4.50
Penne with napoletano sauce (with or without parmesan cheese)	\$ 4.00
Fried rice with Vegetables	\$ 4.00
Chicken kebab stick	\$ 3.00
Chicken kebab in a roll	\$ 4.00
Chicken Kebab on roll with lettuce	\$ 4.50
<u>Chicken Burger</u> (fresh chargrilled chicken breast, lettuce, mayo)	\$ 4.50
<u>Fish Burger</u> (fish fillets, cheese, lettuce and mayo)	\$ 5.00
<u>Portuguese chicken burger</u> (chicken burger +Portuguese and sweet chili sauce)	\$ 5.00
<u>Beef burger</u> (100% beef patty, lettuce, tomato and sauce)	\$ 4.50
<u>Vegetarian Burger</u> (potato Patty+ lettuce, tomato and mayo)	\$ 5.00
SOUP Wonton Soup OR chicken noodle soup	\$ 4.00

OCCASIONAL

Ricotta and Spinach Rolls	\$ 3.60
Mrs Macs Light meat cruiser pie	\$ 4.00
Mrs Macs Good Eating sausage roll	\$ 3.60
Mrs Macs Potato Pie	\$ 4.30
Mrs Macs Halal Pies	\$ 4.00
Mrs Macs Halal Sausage rolls	\$ 3.50
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> (watermelon, rockmelon, pineapple, oranges, grapes)	\$0.10 to \$ 1.00
Quelch sticks	\$ 0.70
Juicies	\$ 1.00
Mini Frozen yoghurt on a stick	\$ 0.80

OCCASIONAL

Billabong	\$ 1.60
Moosies	\$ 1.50
Choc coats	\$ 1.00
Spider sticks	\$ 1.00
Icy Pole	\$ 1.30
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)*

**ALL FROZEN ITEMS ORDERED ON A LUNCH ORDER
WILL NEED TO BE COLLECTED FROM THE CANTEEN
AT LUNCH**

DAILY SPECIALS

MONDAY

Homemade Lasagna (Fresh napoletano sauce and mozzarella cheese) \$ 5.00

TUESDAY

Chicken nuggets (4x)	\$ 3.00
(x6)	\$ 4.50
(x8)	\$ 6.00

WEDNESDAY

Pizza Margherita (Margherita is with tomato and mozzarella cheese)	\$ 3.80
Pizza Vegetarian	\$ 4.50
Pizza Ham and Pineapple	\$ 4.50
Pizza Meatlover	\$ 4.50


THURSDAY

Bacon and Egg Burger + custard cup	\$ 5.50
Honey soy wings with rice	\$ 5.00

FRIDAY

Homemade Butter Chicken with rice	\$ 5.50
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WE CATER FOR SPECIAL DIETARY REQUIREMENTS:

GLUTEN FREE 

Muffins	\$ 1.50
Banana bread	\$ 4.00
Pasta Bolognaise	\$ 4.50
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	\$ 3.50
Falafel wrap (with hommos, tomato,cucumber,lettuce,)	\$ 6.00
Chicken burger (chicken, lettuce and mayo)	\$ 4.50
Chicken kebab stick	\$ 3.00
Chicken kebab in a roll	\$ 4.00