

Penola Pantry Summer Menu
Available Thursday/Friday
Term 4 2018 & Term 1 2019

Cold Food Available
Both Breaks

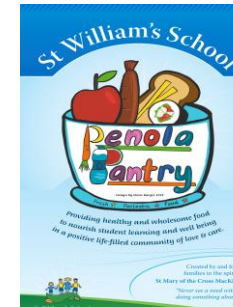
Fruit Cup (seasonal fruit pieces) GF	\$2.50
Mini Fruit Tub (seasonal fruit pieces) GF	\$2.00
Pick of the fruit bowl GF	\$1.50
Apple Slinky GF	\$1.50
Orange ¼'s GF	\$1.50
Boiled Egg GF	\$0.80
Penola Pantry Popcorn	\$0.80
Cheese & Crackers *GF avail	\$2.00
Vegemite Crackers	\$2.00
Protein Plate (Ham, Cheese, Egg & Crackers) *GF avail	\$2.50
Savoury Sampler *GF avail	\$4.50

Rabbit Food (Hommus and Veg Sticks) GF	\$1.50
Berry Crunch Yoghurt Pot	\$2.50
Vanilla Custard Tub GF	\$2.20
Jelly Cup GF	\$1.20
Jelly & Vanilla Custard Cup GF	\$2.20
Home Made Muffins Choc, Blueberry, Apple	\$2.00
Allergy Friendly Muffin GF/ Egg Free /Dairy Free /Nut Free	\$2.20
GF Pikelets x2 with butter GF	\$1.00
Cake of the Day	\$2.00
Home Baked Biscuit (large)	\$1.50
2x Milk Arrowroot Biscuits with Butter	\$0.50

Available First Break only

Plain Toast.....	\$0.80
Gluten Free Toast GF	\$1.50
Fruit Toast	\$1.20

Hot Food Available
Both Breaks



Cheese & Bacon Scroll	\$2.50
Cheese & Vegemite Scroll	\$2.20
Hot Dog	\$4.50
Bacon & Egg Slice	\$3.20
Garlic Bread	\$2.00
Sausage Roll	\$3.20
GF Sausage Roll GF	\$4.50
Party Pie	\$1.80
GF Meat Pie GF	\$5.50
Tomato Sauce	\$0.50

**Available Second Break Only
Hot Food**

Pasta Bake \$4.00	GF Pasta Bake GF \$4.20
Homemade Pizza Ham & Pineapple \$4.00	Homemade Pizza Meatlovers \$4.00
Chicken Nuggets GF \$3.50	with salad \$4.50
Sausage Sizzle \$2.50	Sausage Sizzle GF \$3.00
Bacon and Egg Slice with Salad \$4.20	

Sandwiches

Ham or Chicken or Cheese Sand ...	\$3.50
Egg \$3.70 or Egg and Lettuce Sand	\$3.90
Baked Beans or Spaghetti sand	\$3.00
Vegemite or Jam Sandwich	\$1.70

Additional Charges

Cheese	\$0.30
Salad	\$0.70
Wrap	\$0.50
Toasted/Jaffle	\$0.50
GF Bread	\$0.50
Avocado	\$0.80
Tomato	\$0.50

Salads in a Box

Tossed Salad GF	\$5.00
Add Ham or Chicken or Egg	\$0.80

**Drinks Ice blocks & Chips
(Both Breaks)**

Cup Fresh Plain Milk	\$1.80
Breaka Milk choc or Strawberry ...	\$2.50
Juice Popper	\$1.80
Bottled Water	\$2.00
Up and Go Vanilla	\$2.20
Cup of cold Milo	\$2.50
Twisted Frozen Strawb Yoghurt.....	\$2.80
Icy Twist Lemonade	\$1.50
Sour Top	\$0.80
Zooper Dooper	\$0.80
Fruity Ice	\$0.50
Red Rock Chips Sea Salt	\$1.50
Red Rock Chips Honey Soy	\$1.50

**Value Snack Packs
(Both Breaks)**

Muffin Snack Pack: Apple Muffin or Blueberry Muffin, popcorn & piece fruit	\$4.00
GF Nugget Pack: GF Chicken Nuggets, GF Pikelets & Juice Popper.....	\$5.50
Custard Tub Pack: Custard Tub or Jelly & Custard Tub& Home Baked Biscuit	\$3.20

**Available Every Wednesday
At Penola Pantry**



Only at 2nd Break

“What’s for Lunch Wednesday?”

Is available 2nd break only every Wednesday, featuring a different Lunch menu selection every week.

How do I know what will be on the menu when it changes weekly? The weekly menu is emailed home every Monday and appears weekly on the St William’s Face Book Page.

What does it cost? WFLW cost\$5.00 and there will also be a **GF** option for \$5.80 So Let me ask you “What are you having for Lunch on Wednesday?”

NEW* Class Birthday Packs *NEW

1. 30x Fruity Ice \$12.00 **GF**
2. 30x Jelly Cups \$30.00 **GF**
3. 30x Mini Cup Cakes.. \$30.00

*Birthday Packs must be ordered a minimum 3 days in advance. To order contact Tracey at the Tuckshop. Payments can be made in cash or **QKR IOU**.