



Harmony

Catering Solutions

DAILY LUNCH SPECIALS

WED **Sushi Roll** \$4.00 **E**
Sushi Options (All Come with Soy Sauce)

Mini Cucumber (9 pieces)
 Mini Tuna (9 pieces)
 Cooked Tuna
 Teriyaki Chicken
 California Roll
 Chicken Katsu
 Tempura Prawn
 Smoked Salmon

NOTE: SUSHI MUST BE ORDERED BY TUESDAY

THUR **Nacho Box (Homemade)** \$5.00 **O**

FRI **American Style Hotdog** \$3.50 **O**
 With American Mustard,
 BBQ Sauce or Tomato Sauce

HOT FOOD

Hamburger \$5.00 **E**
 Homemade Beef Patty, Tomato, Lettuce, Beetroot &
 Tomato Sauce
 Cheeseburger \$5.00 **E**
 Homemade Beef Patty, Cheese & Tomato Sauce
 Chicken Burger \$5.00 **E**
 Chicken Breast Fillet, Lettuce & Mayo
 Peri Peri Chicken Burger \$5.00 **E**
 Grilled Chicken Breast, Lettuce, Mayo & Peri Peri Sauce
 Macaroni Cheese \$4.00 **E**
 Lasagna (Homemade) \$5.00 **E**
 Corn on the Cob \$1.00 **E**
 Garlic Bread \$1.00 **E**
 Grilled Cheese Roll \$0.50 **E**
 Meat Pie Large \$3.00 **O**
 Sausage Roll Large \$3.00 **O**
 Tomato Sauce \$0.30 **O**
 Pizza
 Ham & Pineapple or Ham & Cheese \$3.00 **O**
 Yummy Drummy \$1.50 **O**
 Hash Brown \$1.00 **O**

DRINKS

Fresh Moove Milk (300ml) \$2.00 **E**
 (Chocolate or Strawberry)
 Berri Juice (250ml) \$2.00 **E**
 (Apple or Orange)
 Water (600ml) \$1.50 **E**
 Quench (350ml) \$2.00 **O**
 (Cola, Lemonade or Raspberry)

SANDWICHES (Wholemeal) **E** ROLLS OR WRAPS - Add \$0.50

Butter	\$1.00	Vegemite	\$2.00
Cheese	\$2.50	Egg	\$2.50
Ham	\$3.50	Chicken Breast	\$4.00
Tuna	\$3.50	Salad	\$4.50

Add Beetroot, Carrot, Cheese, Lettuce or Tomato \$0.50
 Add Salad to Rolls, Sandwiches or Wraps \$2.00

SALAD BOXES **E**

Garden Salad \$5.00
 Lettuce, Tomato, Carrot, Cucumber, Beetroot,
 Cheese & Dressing

Add Ham, Chicken Breast, Tuna or Egg \$1.00

Peri Peri Chicken Salad \$6.00
 Grilled Chicken Breast, Lettuce, Tomato,
 Cucumber & Peri Peri Sauce

SNACKS

Fresh Fruit (Seasonal) \$0.50 **E**
 Fruit Cup (Seasonal) \$1.00 **E**
 Cheese & Crackers \$1.50 **E**
 Carrots & Cucumber Sticks \$1.50 **E**
 Yoghurt & Muesli (Nut free) \$1.50 **E**
 Yoghurt & Fruit \$1.50 **E**
 Jelly \$0.50 **O**
 Ovalteenies \$1.00 **O**
 Chips \$1.50 **O**
 (Sea Salt, Salt & Vinegar or Honey Soy Chicken)
 Smaws (Chicken or Cheese Rice Sticks) \$1.00 **O**
 Apple & Cinnamon Muffin (Homemade) \$1.00 **O**

FROZEN TREATS

Juicies (100% Natural) \$1.50 **E**
 (Lemonade, Tropical or Wildberry)
 Quelch Ice Blocks (99% Fruit) \$0.50 **E**
 (Apple, Blackcurrant, Raspberry or Strawberry)
 Paddle Pops (Chocolate or Rainbow) \$2.00 **O**
 Icy Poles (Cola, Lemonade or Raspberry) \$1.00 **O**
 Calippo \$1.50 **O**
 Frozen Yoghurt (Mango or Strawberry) \$2.00 **O**

Healthy Food & Drink Criteria Coding

E Everyday
 Choices

O Occasional
 Choices