

# Lunch Menu



## Hot Food

<input type="checkbox"/> Mini Frankfurt	\$1.30
<input type="checkbox"/> Steamed Dim Sim	\$2.20
<input type="checkbox"/> Corn on Cob	\$3.00
<input type="checkbox"/> Party Pie	\$2.00
<input type="checkbox"/> Oven Baked Hash Brown	\$2.00
<input type="checkbox"/> Oven Baked Nugget	\$1.40
<input type="checkbox"/> Mini Sausage Roll	\$2.00
<input type="checkbox"/> Chunky Beef Pie	\$5.20
<input type="checkbox"/> Chunky Chicken & Veg Pie	\$5.20
<input type="checkbox"/> Hot Dog	\$4.50
<input type="checkbox"/> Hot Dog - With Sauce	\$4.99
<input type="checkbox"/> Hot Dog - With Cheese & Sauce	\$5.50
<input type="checkbox"/> Butter Chicken - With Rice	\$9.99
<input type="checkbox"/> Stir-Fry Chicken and Vegetables - With Rice	\$9.99
<input type="checkbox"/> Beef Burger - With Lettuce & Tomato	\$8.99
<input type="checkbox"/> Cheese Burger - With Lettuce Cheese & Tom Sauce	\$9.50
<input type="checkbox"/> Grilled Chicken Burger - With Lettuce Cheese Mayo	\$8.50
<input type="checkbox"/> Veggie Burger - With Lettuce Tomato Cheese & Mayo	\$7.50
<input type="checkbox"/> Macaroni & Cheese (Vegetarian)	\$7.50
<input type="checkbox"/> Whole Fruit - (Banana, Apple, Orange, Pear)	\$3.00
<input type="checkbox"/> Seasonal Fruit Salad	\$6.99
<input type="checkbox"/> Vanilla Yoghurt	\$4.20
<input type="checkbox"/> Vanilla Yoghurt - With Fresh Mixed Berries & B Sauce	\$4.99
<input type="checkbox"/> Fruit Kebab - With Drizzled Chocolate Sauce	\$4.70
<input type="checkbox"/> Jelly Cup	\$3.99
<input type="checkbox"/> Cookie	\$3.50
<input type="checkbox"/> Muffin - Blueberry or Chocolate	\$4.99
<input type="checkbox"/> Banana Bread	\$4.99
<input type="checkbox"/> Chocolate Brownie	\$5.70
<input type="checkbox"/> Raisin Bread (with or without butter)	\$4.20
<input type="checkbox"/> Croissant with Cheese & Ham	\$5.50
<input type="checkbox"/> Air Popped Popcorn	\$3.99

## Salads

<input type="checkbox"/> Small	\$8.50	<input type="checkbox"/> Large	\$9.99
<input type="checkbox"/> Chicken Salad - Lettuce, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Tasty Cheese with Light salad Dressing			
<input type="checkbox"/> Egg Salad - Boiled Egg, Lettuce, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Tasty Cheese with Herb Mayo			
<input type="checkbox"/> Tuna Salad - Tuna, Lettuce, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Tasty Cheese with Herb Mayo			

## CATERING AVAILABLE - SCHOOL FUNCTIONS

**Sandwiches, Wraps, Rolls, Cakes & Fruit Platter for any School Function: Email or Phone to Order**

phone: 1300 361 769

email: [orders@balancedlivingcatering.com.au](mailto:orders@balancedlivingcatering.com.au)

website: [balancedlivingcatering.com.au](http://balancedlivingcatering.com.au)

## Sandwiches - Build Your Own

### STEP 1 - Choose Your Bread

<input type="checkbox"/> Bread - White, Wholemeal, Multigrain	
<input type="checkbox"/> Toasted	\$0.50
<input type="checkbox"/> Roll or Wrap	\$0.80
<input type="checkbox"/> Focaccia or Gluten Free	\$1.00

### STEP 1 - Choose Your Filling & Dressing

<input type="checkbox"/> 1 Filling	\$4.70
<input type="checkbox"/> 2 Fillings	\$5.70
<input type="checkbox"/> 3 Fillings	\$5.99
<input type="checkbox"/> 4 Fillings	\$6.70
<input type="checkbox"/> 5 Fillings	\$7.50

Protein Fillings - Ham, Fresh Poached Chicken Mix, Egg, Tuna, Tandoori Chicken, Sweet Chilli Chicken Strip

Salad Fillings - Lettuce, Tomato, Cucumber, Carrot, Cheese, Advocado

Dressings (complimentary) - Mayonnaise, Mustard, Pickles, Cranberry Sauce, Honey, Vegemite, Sweet Chilli Sauce

## Meal Deal 1

- Sandwich - White, Wholemeal, Multigrain 2 Fillings \$8.80
- Cookie or Whole Fruit
- Juice or Water

## Meal Deal 2

- 2 x Party Pies or 2 Mini Sausage Rolls \$8.80
- Popcorn, Whole Fruit, or Cookie
- Juice or Water

## Drinks

<input type="checkbox"/> Juice Box - Apple, Orange, Tropical	\$3.60
<input type="checkbox"/> Flavoured Milk Box - Strawberry, Chocolate	\$4.00
<input type="checkbox"/> Bottled Water	\$3.50

## Daily Specials

Tuesday - Fried Rice/Veg-Fried Rice	\$8.70 / \$7.70
Wednesday - Sushi	\$4.70
- Teriyaki Chicken, Carrot & Cucumber	
- Tuna & Mayo Mix with Spring Onion & Avocado	
- Vegetarian - Cucumber, Carrot, Avocado, Mayo	
Thursday - Spaghetti Bolognese.	\$8.70
(with peas, carrot & corn)	
Friday <input type="checkbox"/> Homemade Pizza	\$6.50
Hawaiian: Napolitano Sauce, Shredded Ham, Pineapple, Mozzarella	
Margarita: Napolitano Sauce, Mushroom, Mozzarella, Italian Herbs	
BBQ Chicken: Napolitano Sauce, Shredded Ham, Pineapple, Chicken with BBQ Sauce, Mozzarella	
Vegetarian: Napolitano Sauce, Mushroom, Capsicum, Pineapple, Corn, Mozzarella	