



## YBK SNACKS

### 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 4x	\$ 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
Variety of homemade muffins	\$ 1.50
Greek Yoghurt cups	\$ 1.00
Greek Yoghurt cups with berries	\$ 1.50
Pauls vanilla Custard cups (GF)	\$ 1.00
Popcorn and raisin cups	\$ 1.00

### OCCASIONAL

Koala Popcorn Plain	\$ 1.50
Oven baked hash browns	\$ 1.50
Garlic Bread	\$ 0.80
Vegie chips (GF)	\$ 1.50

## DRINKS

### EVERYDAY

Water	\$ 2.50
Sparling Mineral water	\$ 3.00
Pauls milk carton 300ml	\$ 2.00
OAK Flavoured milk 300ml	\$ 2.50
Soy milk	\$ 2.50
Up and Go	\$ 2.50

### OCCASIONAL

Juice poppers 99% fruit juice 250ml	\$ 2.00
Glee 99% fruit Juice in sparkling water	\$ 2.50

## YBK LUNCH MENU

### EVERYDAY

#### SANDWICHES

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

Vegetemite or honey	\$ 2.40
Vegetemite 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	\$ 3.20
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
Homemade chicken schnitzel WRAP	
with avocado, lettuce and mayo	\$ 6.50
Egg wrap (eggs, avo, tomato, lettuce, mayo)	\$ 6.00
Vegetarian wrap	
( cream cheese, lettuce, cucumber, carrot)	\$ 5.50
Falafel wrap (Falafel, hommos, tabouli)	\$ 6.00
Ham, cheese and Pineapple	\$ 6.00
Tuna, lettuce, tomato and mayo	\$ 6.00

*Mini wraps \$4.00*

#### FRESH SALADS

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

### OCCASIONAL

Caesar salad	
(lettuce, bacon, parmesan and croutons)	\$ 5.50
<i>(with chicken \$1.00 extra)</i>	

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



## HOT FOOD

### EVERYDAY

Penne Bolognese (pasta with Homemade Bolognese sauce)	\$ 4.50
Penne with napoletano sauce (veg) ( with or without parmesan cheese)	\$ 4.00
Penne with Pesto (veg and nut free)	\$ 4.00
Homemade Lasagna (Fresh napoletano sauce and mozzarella cheese)	\$ 5.00

Fried rice with Vegetables ( veg)	\$ 4.00
Chicken kebab stick	\$ 3.00
Chicken kebab in a wrap	\$ 4.00
Chicken Kebab in a wrap with lettuce	\$ 4.50
Chicken Burger (fresh chargrilled chicken breast, lettuce, mayo)	\$ 4.50
Portuguese chicken burger (chicken burger +Portuguese and sweet chili sauce)	\$ 5.00
Beef burger (100% beef patty, lettuce, tomato and sauce)	\$ 4.50
Vegetarian Burger (potato or lentil patty+ lettuce, tomato and mayo)	\$ 5.00

<b>SOUP</b> Wonton Soup OR chicken noodle soup ( veg option wontons)	\$ 4.00
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### OCCASIONAL

Ricotta and Spinach Rolls	\$ 4.00
Bacon and egg Burger (Tuesday only)	\$ 5.00
Junior Beef Pie	\$ 3.00

*Available Only on Thursday in a Meal Combo*

Lite n up meat cruiser pie/snack/juice cup	
Lite n up sausage roll / snack/juice cup	\$ 5.50
Mrs Macs Potato Pie/ snack/juice cup	\$ 6.50
Mrs Macs Halal Pies/ snack/juice cup	\$ 6.50
Mrs Macs Halal Sausage rolls/ snack/juice cup	\$ 6.00

*(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	\$ 0.80
Juicies	\$ 1.00
Juicie Tubes	\$ 1.50
Ice Mony	\$ 1.50

### OCCASIONAL

Paddle pop	\$ 1.60
Twisted Yoghurt cups (98% fat free Greek yoghurt with live and active probiotics)	\$ 2.50

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

**EVERYDAY** *(food to eat everyday)*

**OCCASIONAL** *(foods to eat sometimes)*

## Daily meals

### MONDAY **EVERYDAY**

Homemade meatballs with napoletano sauce and a slice of bread	\$ 5.00
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### TUESDAY **EVERYDAY**

Homemade baked chicken drumsticks and potatoes	\$ 5.00
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### WEDNESDAY **EVERYDAY**

Homemade Butter Chicken with rice	\$ 5.50
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### THURSDAY **EVERYDAY**

Egg burger (with cheese and Lettuce)	\$ 5.00
Homemade Honey Soy wings with rice	\$ 5.00

### FRIDAY **EVERYDAY**

#### **NEW COMBO**

Sushi ROLLS : vegetarian/tuna/teriyaki chicken plus snack and juice cup	\$ 6.00
Sushi BABY BOX : tuna/ chicken/ vegetarian plus snack and juice cup	\$ 6.00



**YummyBearsKiosk**

EXPERTS IN SCHOOL CANTEENS & HEALTHY EATING



**GLUTEN FREE**

Muffins	\$ 2.00
Banana bread	\$ 4.50
Twista Bolognaise	\$ 5.00
Homemade fried rice with gluten free soy sauce	\$ 4.00
Health pack with gluten free crackers and gluten free Hummus	\$ 3.50
Gluten free burgers	\$ 5.50
Gluten free wraps	\$ 6.50
Gluten free pie	\$ 6.00
Gluten free sausage roll	\$ 5.00



**DAIRY FREE**

Soy life yoghurt	\$ 2.50
Soy milk	\$ 2.50



**HALAL**

Halal Pies Available Thursday Only in a Meal (snack and juice cup)	\$ 6.00
Halal Sausage rolls Available Thursday Only in a Meal (snack and juice cup)	\$ 6.50
Falafel wrap (Falafel, tomato, lettuce, cucumber, hommos)	\$ 6.00
Chicken burger (chicken, lettuce and mayo)	\$ 4.50
Chicken kebab stick	\$ 3.00
Chicken kebab in a roll	\$ 4.00