

# Nosh@Yavneh

WINTER MENU TERM 3 2017



## DAILY FOODS

### Monday

Pumpkin soup sml \$4.50 Bowl \$6.00

Nachos- with corn chips  
with melted cheese \$4.50

with melted cheese & salsa \$5.00

with melted cheese, salsa & avo \$5.50

With melted cheese, salsa, avo & tomato \$6.00

Macaroni cheese \$5.50

### Tuesday

Minestrone soup smi \$4.50 Bowl \$6.00

Spaghetti bolognaise - vegetarian \$6.00

With yellow cheese \$6.50

Sushi - Tuna/cucumber, smoked salmon, \$3.00  
Avocado & vegetarian

### Wednesday

Sweet potato soup sml \$4.50 Bowl \$6.00

#### Pita Pizza

Margarita -tomato sauce, cheese \$5.00

Vegetarian - sauce, cheese, tomatoes \$6.00  
capsicum, olives & mushrooms

### Thursday

Vegetable soup sml \$4.50 Bowl \$6.00

Buddha Bowl – Baby spinach, quinoa,  
carrot, sweet potato chips, bean sprouts \$7.00  
& avo

Sushi - Tuna/cucumber, smoked salmon, \$3.00  
avocado & vegetarian

### Friday

Pareve chicken soup sml \$4.50 Bowl \$6.00  
With carrots & noodles

Veg schnitzel burger, lettuce, pickles \$6.00  
tomato with/without mayo light

tuna pasta bake \$6.00

## ROLLS, BREAD or BAGELS

Request bagel/bread/roll All breads are wholemeal

Add- beetroot/avo/cheeses etc \$1.00 extra

Bagel /gluten free bread available \$1.00 extra

Garden Salad lettuce, tomato, carrot, avo  
Capsicum \$6.50

Tuna salad –with/without mayo light \$7.00

with beetroot \$7.50

Smoked salmon - cream cheese, lettuce \$7.50

Egg sliced –and salad no mayo \$6.50

Egg mayo – and salad \$6.50

Greek salad - lettuce, tomato, carrot  
cucumber, feta & olives \$7.50

Avo mashed & feta - lettuce \$7.00

Cottage cheese & chives – lettuce \$6.50

## SALADS extra salad dressing available @ 50c

Green - lettuce, tomato, carrot, avo  
Snow peas, capsicum, cucumber \$6.50

with cottage cheese \$6.80

Greek - lettuce, tomato cucumber  
capsicum, feta & black olives \$7.50

Farro salad – peas, cucumber, corn  
Baby spinach, baby tomato \$7.50

With feta cheese \$7.80

Tuna – lettuce, tomato, cucumber  
carrot, capsicum \$7.00

Tuna nicoise - lettuce, egg, tomato, carrot  
cucumber, potato with/without mayo lite \$7.50

## Healthy Eating Guide

Green foods are healthy food choices  
Orange foods are OK, but not every day  
Red foods eat in moderation

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## HEALTHY CHOICES

Tuna tub & crackers (GF option)	\$5.50
Cottage cheese tub/crackers (GF option)	\$5.50
Mashed egg, mayo & crackers (GF option)	\$5.50
Veggie pack – carrots, cucumbers capsicum, sugar peas & dip	\$3.50
Yavneh Snack Bag - yellow cheese, dried apple, apricots & crackers (GF option)	\$4.00
Chobani yoghurt tub asstd	\$3.50
Chobani yoghurt squeeze packs asstd	\$3.00
Yoghurt cup with muesli & berries	\$3.50
Fresh Fruit salad	\$5.00
Fresh fruit kebabs each	\$3.00
Fresh watermelon tub	\$3.00
Fresh fruit per piece seasonal	\$1.50
Apple slinky whole apple spiralled	\$2.00
Pickled cucumber	\$1.00
Corn on the cob	\$2.00
Boiled egg	\$1.00

## FREEZER SPECIALS

Frozen fruit cups - apple, orange, tropical Apple/blackcurrant	\$1.00
Frozen watermelon cup	\$1.00
Frozen mango cup	\$2.00
Frozen pineapple rings	50c
Smooze asstd flavours	\$2.00
Icy Poles - no added colouring	\$1.00

## BAKED GOODIES

Assorted baked goods offered daily

Muffins assorted muffins daily choc chip/apple cinnamon/raspberry & white chocolate	\$3.00
Gluten free muffins	\$3.00
Muesli slice	\$3.00
Choc chip cookie	\$3.00
Anzac cookies (3 in a bag)	\$2.00
Cinnamon scrolls - (Frid only)	\$3.00

## WATER, MILK, JUICES

### Just Delicious Fruit Juices

Apple, orange, tropical, apple/blackcurrant	\$2.50
Water bottle – 600ml	\$2.50
Mineral spring water plain/lemon	\$3.00
Nippys Milk chocolate/coffee	\$3.00

## SNACKS

Fruit straps	\$1.00
Crispy fruit dried fruit chips	\$1.50
Bagel chips –garlic homemade	50c
Cobbs popcorn salty/sweet n salty	\$1.50
B & B Pretzels	\$1.50
Rice crackers	\$1.20
Nibblets	50c
Yavneh Granola homemade -tub	\$2.50
Licorice	\$1.00
Kettle chips salted	\$2.50

## DAILY HOT FOOD

Gluten free toasties & pasta available - add \$1.00 extra

Pizza subs (wholemeal roll)	\$2.50
Challah bagel	\$2.00
Vegetarian hot dog (with/without sauce)	\$3.50
Toasted cheese roll/ jaffle	\$4.50
Toasted cheese & tomato roll/jaffle	\$5.00
Toasted tuna & mayo roll/jaffle	\$5.50
Toasted tuna & cheese roll/jaffle	\$5.80
Plain pasta	\$3.00
Pasta & sauce	\$3.50
Pasta & cheese	\$4.00
Pasta cheese & sauce	\$4.50
Boreka potato	\$3.00
Boreka Mushroom	\$3.00

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Make your lunch order easier, order online  
[www.flexischools.com.au](http://www.flexischools.com.au)