

Nosh@Yavneh

AUTUMN MENU TERM 2 2017



DAILY FOODS

Monday

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

Spaghetti bolognaise - vegetarian (not from soya mince)	\$6.00
With yellow cheese	\$6.50
Sushi - Tuna/cucumber, smoked salmon, Avocado & vegetarian	\$3.00

Wednesday

Pita Pizza	
Margarita –tomato sauce, cheese	\$5.00
Vegetarian - sauce, cheese, tomatoes capsicum, olives & mushrooms	\$6.00
Buddah bowl –baby spinach, quinoa carrot, baked sweet potato, avo & lemon aoli	\$7.00

Thursday

Chinese stir fry veggies with noodles	\$5.50
Sushi - Tuna/cucumber, smoked salmon, avocado & vegetarian	\$3.00

Friday

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

Healthy Eating Guide

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

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	\$5.50
Tuna salad –with/without mayo light	\$6.50
with beetroot	\$6.80
Smoked salmon - cream cheese, lettuce	\$7.50
Egg sliced –and salad no mayo	\$5.50
Egg mayo – and salad	\$5.50
Greek salad - lettuce, tomato, carrot cucumber, feta & olives	\$6.50
Avo mashed & feta - lettuce	\$6.50
Cottage cheese & chives – lettuce	\$6.00
SALADS extra salad dressing available @ 50c	
Green - lettuce, tomato, carrot, avo Snow peas, capsicum, cucumber	\$5.50
with cottage cheese	\$6.00
Greek - lettuce, tomato cucumber capsicum, feta & black olives	\$7.00
Glass noodle - carrot, red cabbage, cucumber, pear ,toasted corn & snow peas	\$7.00
With marinated tofu	\$7.50
Carrot, apple & raw beetroot cranberries And toasted corn	\$6.50
Farro salad – peas, cucumber, corn Baby spinach, baby tomato	\$7.00
With feta cheese	\$7.50
Tuna – lettuce, tomato, cucumber carrot, capsicum	\$6.50
Tuna nicoise - lettuce, egg, tomato, carrot cucumber, potato with/without mayo lite	\$7.00

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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 grapes	\$2.00
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
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	\$2.50
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	\$1.20
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
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