



# Frederick Irwin Summer Sandwich Menu

PRICES EFFECTIVE FEBRUARY 2019

● Select carefully category (amber foods)

● Everyday category (green foods)

STANDARD SANDWICHES			TUESDAY		
Vegemite	●	\$2.00	<b>Ham</b> – Mayo, Lettuce, Tomato, Carrot,	●	\$5.00
Honey	●	\$2.00	Cucumber		
Cheese	●	\$3.00	<b>Chicken</b> – Mayo, Lettuce, Tomato, Carrot,	●	\$5.00
Plain Egg	●	\$3.20	Cucumber		
Curried Egg	●	\$3.20	<b>Roast Beef</b> – Relish, Lettuce, Tomato, Carrot,	●	\$5.00
Ham	●	\$3.30	Cucumber		
Chicken	●	\$3.30	<b>Egg</b> – Mayonnaise, Lettuce, Tomato, Carrot	●	\$5.00
Ham & Cheese	●	\$3.60	Cucumber,		
Chicken & Cheese	●	\$3.60	<b>Kids Wrap</b> – Vegemite & Cheese	●	\$4.00
Roast Beef & Cheese	●	\$3.60			
CHILLBOX			GOURMET		
Whole Fruit – Apple or Oranges	●	\$0.80	<i>All Prepared with Butter &amp; Mayo</i>		
Jelly – Assorted Flavours	●	\$2.00	<b>Abbotts Wholemeal Bread</b>	●	\$4.50
Mousse - Choc & Berry	●	\$2.00	Ham, Chicken or Roast Beef, with Salad*		
Flavoured Yoghurt Pouches	●	\$2.20	<b>Freshly Baked ½ Baguette</b>	●	\$4.50
Chocolate Yogo	●	\$2.20	Ham Chicken or Roast Beef with Salad*		
Fruit Cups – Single Fruit Pieces	●	\$1.50			
Vegie Cups – Vegie Sticks	●	\$1.80	*Salad – Lettuce Tomato, Cucumber, Carrot		
TOASTED SANDWICHES			SUMMER SALAD SELECTION		
Ham	●	\$3.50	<b>Caesar Salad</b> – Lettuce, Chicken/Bacon, Egg	●	\$4.70
Chicken	●	\$3.50	Croutons, Parmesan, Caesar Dressing		
Ham & Cheese	●	\$3.80	<b>Greek Salad</b> – Lettuce, Olives, Red Onion, Feta,	●	\$4.70
Chicken & Cheese	●	\$3.80	Cucumber, Tomato & Dressing		
Roast Beef & Cheese	●	\$3.80	<b>Garden Salad</b> – Choice of Chicken or Ham,	●	\$4.70
Cheese	●	\$3.20	Lettuce, Tomato, Cucumber, Carrot, Cheese		
			& French Dressing		
			<b>Fruit Salad</b> – Fresh Bite size pieces of Summer	●	\$4.70
			fruit		
DRINKS			SNACKS		
Plain Milk	●	\$1.80	Cookies – Spotty, Triple Choc, Shortbread	●	\$3.20
Popper Juices	●	\$2.00	Muffins – Choc or Berry	●	\$3.00
Choc Splash Milk	●	\$2.40	Cheese & Crackers	●	\$3.50
Banana Milk	●	\$2.40			
Strawberry Milk	●	\$2.40			
Orange C Juice	●	\$2.40			
Mt Franklin Water	●	\$2.60			