

the lunch bag

(2015)

cino's fresh
Shop 19 78-80 Horton St
Port Macquarie NSW 2444

Heritage Christian School
Mumford Street
Port Macquarie NSW 2444

0407 482 083

snacks

Available recess and lunch

Muffins (various flavours and fresh daily)	\$2.00
Homemade cookies (2pkt)	\$1.00
Bacon and cheese rolls	\$2.00
Finger Buns	\$2.00
Lamingtons	\$1.00
Pretzels	\$1.00
Chips	\$1.20
Sumo Snacks/Eucalyptus Drops	.50

cold food

Available recess and lunch

Yoghurt Tubs	\$2.00
Fruit Salad Tubs	\$2.50
Jelly Cups	\$1.50

Salad Tubs from \$5.50
(vegetarian, Caesar or pasta)

Sandwiches from \$4.00
(multigrain bread only)

Wraps (1/2 x 12inch) from \$3.50
(all made fresh daily with tasty and healthy of fillings)

Sandwiches, Pastas, Burgers and Hot Wraps
made by request and
delivered at lunch time
if ordered at recess.

Menu varies daily visit me regularly for fresh and exciting
food.

(Gluten and Dairy Free options available
when prior arranged)

hot food

Available recess and lunch

Traveller Pies (Plain/Bacon & Cheese)	\$3.20
Sausage Rolls	\$3.50
Cheese and Spinach Rolls	\$3.50
Tomato Sauce Squeezies	.30

ONLY delivered for lunch if ordered at recess

Chicken and Mayo Burger (real chicken patties)	\$4.70
Beef Burger (real beef patties)	\$4.70
Vegetarian Lentil Burger	\$4.90
Hot Chicken Wraps (chicken breast)	\$4.90
Pasta, Sauce and Cheese (vegetarian, bolognese or carbonara)	from \$5.50
Chicken Dishes with Rice (winter) from	\$5.50
Soup and Roll (seasonal) (winter)	\$5.00
Wedges with Sweet Chilli & Sour Cream	\$4.00

cold beverages

Available recess and lunch

SML Flavoured Milk	\$2.50
LGE Flavoured Milk	\$3.50
600ml Plain Milk	\$2.50
250ml Juice Box 100% juice	\$1.80
600ml Custard	\$3.00
Daily 100% Juices	\$2.50
Juice 250ML	\$2.00
Spring Water	\$1.50

(Gluten and Dairy Free options available
when prior arranged)

EFTPOS AVAILABLE 20c charge under \$10.00

*Prices as at Term 1 2015

**Prices subject to change without notice.