

DIETARY INFORMATION

HEALTHY • NUTRITIOUS • DELICIOUS

<div style="text-align: center;">  </div> <h2 style="text-align: center;">SPECIALS + HOT MEALS</h2> <p style="text-align: center;">AVAILABLE LUNCH TIME</p> <hr/> <p>PASTA BOLOGNAISE 4.65 Coeliac suitable 🌾 5.15 Pasta bolognaise include Coles chopped tomatoes, Coles Italian passata and Coles Italian herbs. Gluten free pasta, used on request, is Coles branded Fusili</p> <p>FRITTATA 🌾 3.25 Homemade on premises with Coles Free Range Eggs, Coles branded gluten free flour, fresh ham and fresh zucchini</p> <p>CHICKEN TERIYAKI 🌾 4.40 Ayam marinade sauce</p> <p>BUTTER CHICKEN 4.95 Gluten Free option 🌾 4.95 Made with Chicken Tonight brand mild butter chicken sauce</p> <p>TOMATO SOUP 🌾* 2.50 Homemade on premises with fresh tomatoes, fresh celery, fresh carrot, fresh onion and garlic and massal stock cubes vegetable flavour (which is both dairy free and gluten free)</p>	<div style="text-align: center;">  </div> <h2 style="text-align: center;">SNACKS</h2> <p style="text-align: center;">AVAILABLE ALL DAY</p> <hr/> <p>BROWNIE 🌾 1.00 Homemade on premises with Coles dessicated coconut, Coles Greek Yoghurt, vegetable oil, Coles cocoa, Coles free range eggs, Coles vanilla essence</p> <p>CUSTARD CUP 🌾 2.15 Pauls Vanilla Custard or Coles Vanilla Custard</p> <p>POPCORN 🌾🌿 1.00 Coolpak branded popcorn is sold that is GF, no added MSG and no colours or flavours</p> <p>HOMMUS, RICE CRACKERS & CARROT STICKS 🌾🌿 2.75 Hommus is Coles Classic Hommus dip and crackers are branded Coles bakes original rice crackers</p>	<div style="text-align: center;">  </div> <h2 style="text-align: center;">DRINKS</h2> <p style="text-align: center;">AVAILABLE ALL DAY</p> <hr/> <p>FLAVOURED MILK 🌾 2.50 M2GO brand in chocolate and strawberry</p> <div style="text-align: center;">  </div> <h2 style="text-align: center;">FROZEN TREATS</h2> <p style="text-align: center;">PICK UP AT 2ND LUNCH BELL</p> <hr/> <p>FROZEN PINEAPPLE RING 0.50 Coles branded tinned pineapple rings frozen in Ziplock bags</p> <div style="text-align: center;"> <h2 style="margin: 0;">OTHER</h2> <h3 style="margin: 0;">INFORMATION</h3> </div> <hr/> <p>Dairy free butter is branded Nuttlex</p>
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PLEASE NOTE

Some brand substitutions may vary depending on supply from Coles that week

ANY FURTHER QUESTIONS CAN BE DIRECTED TO OUR TUCKSHOP

Email us at oakleightuckshop@gmail.com