Apollo continues to offer lunch orders in keeping with the Victorian Government’s Healthy Eating Guidelines. If an item has a ☺ symbol it is a smart choice and can be chosen every day.

### Smart Choices ☺

<table>
<thead>
<tr>
<th>Sandwiches &amp; Rolls ☺</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White and wholemeal (rolls extra $1). We recommend choosing wholemeal bread ☺</td>
<td></td>
</tr>
<tr>
<td>Chicken and salad ☺</td>
<td>5.00</td>
</tr>
<tr>
<td>Ham and salad ☺</td>
<td>5.00</td>
</tr>
<tr>
<td>Tuna and salad ☺</td>
<td>5.00</td>
</tr>
<tr>
<td>Salad ☺</td>
<td>4.50</td>
</tr>
<tr>
<td>Chicken ☺</td>
<td>4.00</td>
</tr>
<tr>
<td>Ham ☺</td>
<td>3.00</td>
</tr>
<tr>
<td>Tomato ☺</td>
<td>2.50</td>
</tr>
<tr>
<td>Cheese ☺</td>
<td>2.50</td>
</tr>
<tr>
<td>Vegemite ☺</td>
<td>2.00</td>
</tr>
<tr>
<td>Jam ☺</td>
<td>2.00</td>
</tr>
<tr>
<td><strong># add 50c for</strong></td>
<td></td>
</tr>
<tr>
<td>• Cheese ☺</td>
<td></td>
</tr>
<tr>
<td>• Tomato ☺</td>
<td></td>
</tr>
<tr>
<td>• Beetroot ☺</td>
<td></td>
</tr>
<tr>
<td>• Lettuce ☺</td>
<td></td>
</tr>
<tr>
<td>• Mayo ☺</td>
<td></td>
</tr>
<tr>
<td>1 slice buttered bread</td>
<td>0.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salad Bar ☺</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- only available Monday to Thursday</td>
<td></td>
</tr>
<tr>
<td>Ham and salad ☺</td>
<td>5.50</td>
</tr>
<tr>
<td>Chicken and salad ☺</td>
<td>5.50</td>
</tr>
<tr>
<td>Tuna and salad ☺</td>
<td>5.50</td>
</tr>
<tr>
<td>(salad – carrot, lettuce, tomato, cheese, beetroot and cucumber)</td>
<td></td>
</tr>
<tr>
<td>Carrot sticks ☺</td>
<td>0.50</td>
</tr>
<tr>
<td>Apple ☺</td>
<td>1.20</td>
</tr>
<tr>
<td>Fruit pack (120g) ☺</td>
<td>1.50</td>
</tr>
<tr>
<td>Jelly cup – gluten free</td>
<td>1.50</td>
</tr>
<tr>
<td>Carrot and cucumber sticks with Tzatziki dip ☺</td>
<td>3.00</td>
</tr>
<tr>
<td>Sushi – California roll</td>
<td>2.70</td>
</tr>
</tbody>
</table>

### Hot Food

| Pasta twirls ☺ | 4.00 |
| Macaroni cheese ☺ | 4.00 |
| Fried rice | 4.00 |
| Nachos | 4.50 |
| Hot cheese roll | 4.00 |
| Hot cheese and ham roll | 4.50 |
| Hot chicken roll | 5.00 |
| Hot chicken and cheese roll | 5.50 |
| Cup noodles – beef or chicken | 2.50 |
| Corn cobette ☺ | 0.80 |
| Pie (4n20 traveller) | 4.00 |
| Pastie (vegetarian) | 4.00 |
| Light party pie | 1.20 |
| Sausage roll | 2.50 |
| Cheese and spinach roll | 4.00 |
| Hot dog (in roll) | 3.50 |
| Chicken nuggets | 0.70 |
| Pizza (ham and pineapple) | 2.50 |
| Dim sims | 1.00 |
| Mini dim sims (3) | 1.20 |
| Tomato sauce (sachet) | 0.30 |
| Soy sauce (sachet) | 0.20 |
| Sweet Chilli Sauce (sachet) | 0.30 |

**Available Monday to Thursday**

| Wedges with sweet chilli sauce | 3.50 |
| Chicken sub on wholemeal roll with lettuce | 3.00 |
## Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water bottle</td>
<td>$2.00</td>
</tr>
<tr>
<td>Milk</td>
<td>$1.00</td>
</tr>
<tr>
<td>Big M – chocolate</td>
<td>$1.50</td>
</tr>
<tr>
<td>Big M – strawberry</td>
<td>$1.50</td>
</tr>
<tr>
<td>Just juice –</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td>$1.50</td>
</tr>
<tr>
<td>Apple</td>
<td>$1.50</td>
</tr>
<tr>
<td>Apple and blackcurrant</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

## Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot sticks</td>
<td>$0.50</td>
</tr>
<tr>
<td>Apples</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit pack 120g</td>
<td>$1.50</td>
</tr>
<tr>
<td>Popcorn – butter</td>
<td>$1.00</td>
</tr>
<tr>
<td>Gingerbread</td>
<td>$1.60</td>
</tr>
<tr>
<td>Choc chip cookie</td>
<td>$1.60</td>
</tr>
<tr>
<td>Grainwaves – sour cream &amp; chives</td>
<td>$1.00</td>
</tr>
<tr>
<td>Red rock deli chips</td>
<td></td>
</tr>
<tr>
<td>Original</td>
<td>$1.00</td>
</tr>
<tr>
<td>Honey soy</td>
<td>$1.00</td>
</tr>
<tr>
<td>Corntos – zesty bbq</td>
<td>$0.80</td>
</tr>
<tr>
<td>New ‘yummy’ fruit sticks (bag) –</td>
<td>$0.60</td>
</tr>
<tr>
<td>gluten free</td>
<td></td>
</tr>
</tbody>
</table>

## Ice Creams & Icy Poles

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunny boys</td>
<td>$1.00</td>
</tr>
<tr>
<td>Paddle pops –</td>
<td></td>
</tr>
<tr>
<td>Rainbow</td>
<td>$1.30</td>
</tr>
<tr>
<td>Chocolate</td>
<td>$1.30</td>
</tr>
<tr>
<td>Banana</td>
<td>$1.30</td>
</tr>
<tr>
<td>Lemonade icy poles</td>
<td>$1.00</td>
</tr>
<tr>
<td>Vanilla ice cream cup</td>
<td>$1.50</td>
</tr>
<tr>
<td>Calippo mini raspberry</td>
<td>$0.80</td>
</tr>
<tr>
<td>Frozen pineapple rings</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen yoghurt –</td>
<td></td>
</tr>
<tr>
<td>Strawberry</td>
<td>$1.50</td>
</tr>
<tr>
<td>Mango</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

## How to Write Out Your Lunch Order Bag

### Example:
- **Child’s name:**
- **Room number:**
- **Grade:**

#### (food)
- 1 salad sandwich 😊 $4.50
- 1 apple 😊 $1.20

#### (drinks)
- Orange juice $1.50

**Total** $7.20

$7.20 enclosed

### Instructions
- **NOTE THAT ALL LUNCH ORDERS MUST INCLUDE:**
  - Child’s name
  - Grade
  - Room number
  - Items required
  - Money enclosed
  - Change required
- Bags can be provided at a cost of 20c
- Please list hot food first
- Additional price list available at the office
- Bundles of 100 bags can be purchased for $5.00