

Here is our 2014 Winter menu with a few changes. Salads, Yogies and Ice blocks will be available throughout Term 2 and Soups are back on the menu for both Terms.

Please remind your child to put their orders in the tub at the beginning of the day as we make to order and if it is late, we can not guarantee we can provide what they want. Please also reminded them if they order something in a "cup" they will need to pick it up from the canteen window.

Please remember no pencil or pink highlighter, our eyes are old and tired and no "removable pen" as it disappears in the warmer (learnt that one the hard way) and also no staples or sticky tape, they just make life difficult.

We would love some more helpers on the roster so please contact me if you can help and we look forward to providing yummy healthy fresh food to your kids.

Jo Parkinson - Canteen Manger - 0417 284 383 - [jcparko@bigpond.com](mailto:jcparko@bigpond.com)

## Recess Items (also available at lunch)

Apple Slinky ( <i>Red or Green</i> )	\$0.50
Air Popped Pop Corn	\$0.50
Cracker Pack ( <i>Rice crackers &amp; light cheese slices</i> )	\$0.70
Garlic Bread ( <i>gluten free available on request</i> )	\$0.70
1/2 Size Finger Bun	\$1.00
Corn Cobette	\$1.00
Raisin Toast	\$1.00
Fruit Cup ( <i>Seasoned Fruit either Plain or with Yogurt or Custard</i> )	\$1.00
Yogurt or Custard Cup	\$1.00

## Drink Items (also available at recess and lunch)

Water	\$1.50
Flavoured Milk ( <i>Banana, Strawberry, Chocolate</i> )	\$1.80
Juice ( <i>Apple/Blackcurrant, Apple</i> )	\$1.80
Cold Milo ( <i>will need to be picked up from the canteen separately</i> )	\$1.50
Hot Chocolate ( <i>will need to be picked up from the canteen separately</i> )	\$1.50

## Lunch Time Treats (only available at lunchtime and in Term 2)

Yogies ( <i>Frozen Milk treats</i> ) - <i>Banana, Chocolate &amp; Strawberry</i>	\$0.50
99% Fruit Juice Ice Blocks	\$1.00

# MPS Canteen Menu

Updated April 2014

## Lunch Items

### Fresh Sandwich (Wholemeal or Gluten Free Bread)

Basic (Vegemite, Jam, Honey)	\$2.00
Salad	\$3.00
Salad with Chicken or Ham	\$3.50

### Toasties (Wholemeal or Gluten Free Bread)

#### Fillings - Low Fat Ham, Light Cheese, Tomato, Pineapple

1 Filling	\$2.50
2 Fillings	\$3.00
3 Fillings	\$3.50

### Salads

Basic Salad - Lettuce, Tomato, Cucumber, Celery, Grated Carrot, Light Cheese	\$3.50
Basic Salad with Chicken or Ham	\$4.00
Caesar Salad - Lettuce, Ham, Parmesan Cheese, Boiled Egg, Croutons, Caesar Dressing	\$3.50
Caesar Salad with Chicken	\$4.00

### Wraps

Chickadee Wrap - Chicken Tender, Lettuce, Light Mayo	\$3.50
Sweet Chili Chickadee Wrap - Chicken Tender, Lettuce, Light Sour Cream and Sweet Chili Sauce	\$3.50
Shark Wrap - Fish Fillet, Lettuce, Light Mayo	\$3.50

Happy Hamburger - Lean mince, lettuce, tomato, beetroot on a wholemeal roll with tomato sauce	\$3.50
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Zucchini Muffin - Grated Zucchini, Bacon, Light Cheese, Brown Onion, Eggs, Flour	\$2.50
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Twister Bolognese - Lean mince full of hidden veggie, topped with or without cheese (gluten free available)	\$3.50
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Pizza - Low Fat Ham, Mozzarella Cheese & Pineapple	\$3.50
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Mrs Mac's Beef Pie	\$3.50
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Mrs Mac's Snack Pie	\$2.00
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Mrs Mac's Sausage Roll	\$3.00
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Sauce - Tomato	\$0.50
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### Homemade Soup served in a Large cup with a wholemeal soup roll

Chicken & Vegetable - Chicken Breast, Brown Onion, Carrots, Celery, Potato, Chicken Stock	\$3.50
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Butternut Pumpkin - Butternut Pumpkin, Brown Onion, Bacon, Vegetable Stock	\$3.50
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