

It's Summer Menu time and we have LOTS of healthy and yummy Green Options for your child to choose from.

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 Coordinator - 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</i> )	\$0.70
1/2 Size Finger Bun	\$1.00
Corn Cobette	\$1.00
Raisin Toast ( <i>gluten free available</i> )	\$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> )	\$1.00

## **Lunch Time Treats** (only available at lunchtime)

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 Sept 2014

## Lunch Items

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

Basic (Vegemite, Jam, Honey)	\$2.00
Salad - Lettuce, Tomato, Beetroot, Celery, Cucumber, Grated Carrot	\$3.00
Salad with Fresh Chicken Tender	\$3.50
Salad with Low Fat Ham	\$3.50

### Toasties (Wholemeal or Gluten Free Bread)

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

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 Fresh Chicken Tender	\$4.00
Basic Salad with Low Fat Ham	\$4.00
Caesar Salad - Lettuce, Ham, Parmesan Cheese, Boiled Egg, Croutons, Caesar Dressing	\$3.50
Caesar Salad with Crumbed Chicken	\$4.00

### Wraps (Wholegrain wraps)

Fresh Chicken and Salad - Fresh Chicken Tender, Lettuce, Tomato, Cucumber, Celery, Grated Carrot, Light Cheese	\$3.50
Shark Wrap - Fish Fillet, Lettuce, Light Mayo	\$3.50
Chickadee Wrap - Crumbed Chicken Tender, Lettuce, Light Mayo	\$3.50
Sweet Chili Chickadee Wrap - Crumbed Chicken Tender, Lettuce, Light Sour Cream and Sweet Chili Sauce	\$3.50

### Other Items

Happy Hamburger - Lean mince, lettuce, tomato, beetroot, wholemeal roll with tomato sauce	\$3.50
Twister Bolognese - Lean mince full of hidden veggie, available with cheese (gluten free option)	\$3.50
Mrs Mac's Beef Pie	\$3.50
Mrs Mac's Snack Pie	\$2.00
Mrs Mac's Sausage Roll	\$3.00
Sauce - Tomato	\$0.50
Zucchini Muffin - Grated Zucchini, Bacon, Tasty Cheese, Brown Onion, Eggs, Flour	\$2.50
Pizza - Low Fat Ham, Mozzarella Cheese & Pineapple	\$3.50