

MPS CANTEEN - 2015 WINTER MENU

Updated May.15

Open Thursdays & Fridays

Lunch items must be pre-ordered. Please place orders in buckets before the morning bell and write separate bags for recess and lunch. Recess, Drinks & Treats can be purchased over the counter too.

Please put orders with Intolerances in White Paper Bags.

RECESS ITEMS Available at lunch and over the counter	GREEN	Apple Slinky (Red or Green)	\$0.50
		Air Popped Popcorn	\$0.50
		Corn Cobette	\$1.00
		Raisin Toast (GF available)	\$1.50
		Fruit Cup (with/without Custard or Yogurt)	\$2.00
		Yogurt or Custard Cup	\$1.50
	AMBER	Cracker Pack	\$1.00
		Garlic Bread (GF available)	\$0.70
		Finger Bun	\$1.00
		Zucchini Muffin	\$2.50

Green Foods = Go foods, that we eat lots of all the time Amber Foods = Slow down foods, we can eat sometimes			
DRINK ITEMS	GREEN	Water	\$2.00
		Chocolate or Strawberry Milk	\$2.00
		Cold Milo	\$1.00
		Hot Chocolate	\$1.00
	AMBER	Apple Juice Apple & B/Currant Juice	\$2.00
LUNCH TREATS	GREEN	Yogies (Frozen Milk Treats)	\$0.50
	AMBER	99% Fruit Juice Ice Blocks	\$1.00

LUNCH ITEMS	GREEN	Basic Sandwich (Vegemite, Jam, Honey)	\$2.50
		Salad Sandwich (Lettuce, Tomato, Beetroot, Cucumber, Grated Carrot)	\$3.50
		Salad Sandwich with Fresh Chicken	\$4.00
		Toasties (on Wholemeal or Gluten Free) (Cheese, Ham, Tomato, Pineapple)	\$3.00
		1 Filling	\$3.50
		2 Fillings	\$4.00
		3 Fillings	\$4.00
		Basic Salad Bowl (Lettuce, Tomato, Cucumber, Celery, Carrot, Light Cheese)	\$4.00
		Basic Salad Bowl with Fresh Chicken	\$4.50
		Fresh Chicken & Salad Wrap (Chicken Breast, Lettuce, Tomato, Beetroot, Cucumber, Carrot, Light Cheese)	\$4.00
		Happy Hamburger (Mince, Carrot, Zucchini & Onion Pattie, Lettuce, Tomato, Beetroot, Tomato Sauce, Wholemeal Roll)	\$4.00
	AMBER	Twister Bolognese topped with Cheese (GF available) (Mince, Onion, Carrot, Zucchini, Crushed Tomato, Tomato Pasta Sauce, Spiral Pasta, Mozzarella Cheese)	\$4.00
		Homemade Chicken & Vegetable Soup with W/meal Roll (Chicken Breast, Potato, Carrot, Celery, Onion, Chicken Stock)	\$4.00
		Homemade Pumpkin Soup with W/meal Roll (Pumpkin, Onion, Vegetable Stock)	\$4.00
		Salad Sandwich with Low Fat Ham	\$4.00
		Basic Salad Bowl with Low Fat Ham	\$4.50
		Caesar Salad (Lettuce, Ham, Parmesan Cheese, Croutons, Egg, Dressing)	\$4.00
		Caesar Salad with Chicken (Fresh or Crumbed Chicken, Lettuce, Ham, Parmesan Cheese, Croutons, Egg, Dressing)	\$4.50
		Shark Wrap (Wholemeal Wrap, Crumbed Fish Fillet, Lettuce, Light Mayo)	\$4.00
		Chickadee Wrap (Wholemeal Wrap, Crumbed Chicken, Lettuce, Light Mayo)	\$4.00
		Sweet Chili Wrap (Wholemeal Wrap, Crumbed Chicken, Lettuce, Light Sour Cream, Sweet Chili Sauce)	\$4.00
		Mrs Mac's Good Eating Beef Cruiser Pie	\$4.00
		Mrs Mac's Good Eating Snack Pie	\$2.00
		Mrs Mac's Good Eating Sausage Roll	\$3.50
		Sauce - Tomato	\$0.50
		Pizza (Low Fat Ham, Mozzarella Cheese, Pineapple, Tomato Paste, 99% Fat Free Pizza Base)	\$4.00