

MPS CANTEEN - 2016 WINTER MENU

Open Thursdays & Fridays

Canteen Manager - Jo Parkinson 0417 284 383

Updated April,16

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.

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
		Cracker Pack <small>5 x Light Cheese blocks & Rice Crackers</small>	\$1.00
		Fruit Cup (Plain or with Custard or Vanilla Yogurt)	\$2.00
		Custard or Vanilla Yogurt Cup	\$1.50
	AMBER	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
		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

We only use Wholemeal Bread, Rolls and Wraps Gluten Free Bread and Pasta is available

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 (Chicken Breast Lettuce, Tomato, Beetroot, Cucumber, Grated Carrot)	\$4.00
		Salad Sandwich with Low Fat Ham (Low Fat Ham Lettuce, Tomato, Beetroot, Cucumber, Grated Carrot)	\$4.00
		Toasties (Cheese, Ham, Tomato, Pineapple)	\$3.00
		1 Filling	\$3.50
		2 Fillings	\$4.00
		3 Fillings	\$4.00
		Chickadee Wrap (Wholemeal Wrap, Fresh Chicken Breast Tender, Lettuce, Light Mayo)	\$4.00
		Sweet Chilli Wrap (Wholemeal Wrap, Fresh Chicken Breast Tender, Lettuce, Light Sour Cream, Sweet Chilli Sauce)	\$4.00
		Salad Bowl (Lettuce, Tomato, Cucumber, Celery, Carrot, Light Cheese)	\$4.00
		Salad Bowl with Fresh Chicken (Chicken Breast Lettuce, Tomato, Cucumber, Celery, Carrot, Light Cheese)	\$4.50
		Salad Bowl with Low Fat Ham (Low Fat Ham, Lettuce, Tomato, Cucumber, Celery, Carrot, Light Cheese)	\$4.50
		Caesar Salad (Lettuce, Ham, Parmesan Cheese, Croutons, Egg, Dressing)	\$4.00
		Caesar Salad with Fresh Chicken (Chicken Breast, Lettuce, Ham, Parmesan Cheese, Croutons, Egg, Dressing)	\$4.50
		Fresh Chicken & Salad Wrap (Chicken Breast, Lettuce, Tomato, Beetroot, Cucumber, Carrot, Light Cheese)	\$4.00
		Low Fat Ham & Salad Wrap (Low Fat Ham, Lettuce, Tomato, Beetroot, Cucumber, Carrot, Light Cheese)	\$4.00
	Fresh Chicken Burger (Fresh Chicken Breast, Lettuce, Tomato, Beetroot, Light Mayo, Wholemeal Roll)	\$4.00	
	Happy Hamburger (Mince, Carrot, Zucchini & Onion Pattie, Lettuce, Tomato, Beetroot, Tomato Sauce, Wholemeal Roll)	\$4.00	
	Twister Bolognese with Cheese (GF available) (Mince, Onion, Carrot, Zucchini, Crushed Tomato, Tomato Pasta Sauce, Spiral Pasta, Mozzarella Cheese)	\$4.00	
	Homemade Chicken & Veg Soup with a Wholemeal Roll (Chicken Stock, Chicken Breast, Potato, Carrot, Celery, Onion)	\$4.00	
	Homemade Pumpkin Soup with a Wholemeal Roll (Butternut Pumpkin, Onion, Vegetable Stock)	\$4.00	
	AMBER	Shark Wrap (Wholemeal Wrap, Crumbed Fish Fillet, Lettuce, Light Mayo)	\$4.00
Pizza (Low Fat Ham, Mozzarella Cheese, Pineapple, Tomato Paste, Wholemeal Roll)		\$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	

If your child has any tolerances please put their orders in White paper bags not Brown. Thanks