

**Millthorpe Public School
Term 2, 2018
Week 4 Menu**

The MPS Canteen is open on Fridays. Recess items and drinks can be purchased over the counter all day, however **we strongly recommend infants preordering Recess to avoid the queues! Lunch Items must be pre-ordered by Wednesday afternoons.** Please write your name, class and order on a brown paper bag and drop it into the school office. Paper bags can be purchased from the canteen if required. We ask that those with an allergy or intolerances use a white paper bag when ordering.

Volunteers are always needed. Contact Tracey Nash on 0457677470 or leave a message on Facebook.

Remember to 'Like' our FB Page too facebook.com/MillthorpeCanteen

RECESS ITEMS

Rice crackers, cheese and veg sticks (seasonal variety)	1.00
Popcorn	0.50
Fruit cups:	
Plain, or with yoghurt	2.00
Freshly baked muffin	2.00

DRINKS

Hot Chocolate	2.00
Flavoured milk	2.50
Water	2.00
Juice Poppers	1.50
Cold Pressed Apple Juice	2.50
Remedy Kombucha	3.00
(apple, ginger, raspberry)	

LUNCH ITEMS

Large pies	4.00
Spinach & Cheese Torpedo	2.50
Ricotta & cheddar mixed with baby spinach, eggs, garlic, paprika, salt & pepper stuffed in a small roll. (Veg)	

Meatball sub 4.50
Garlicky bread rolls filled with meatballs (beef, onions, carrots, zucchini, egg, garlic, & breadcrumbs) and homemade tomato passata sauce (tomato, herbs, salt & pepper).

Pasta 4.00
(GF available on request)
Pasta is topped with parmesan cheese
Bolognese: Beef, tomato, onion, carrot, zucchini, garlic, paprika, salt & pepper.
Caponata Sugo (veg): Tomato passata sauce with grilled capsicum, eggplant and zucchini, herbs, s&p.

Chicken Caesar salad 4.00
Roast chicken pieces, mesclun salad mix, shredded ham, garlic croutons (optional) & homemade aioli

Chicken Caesar salad wraps 4.50
(GF available on request)