

## CANTEEN MADE HOT MEALS

|          |   |             |
|----------|---|-------------|
| <b>G</b> | <b>Baked Potato</b>   | <b>4.50</b> |
|          | Served with Bolognese sauce & cheese                                    |             |
| <b>G</b> | <b>Macaroni Cheese</b>  | <b>4.50</b> |
|          | Made in the canteen   |             |
| <b>G</b> | <b>Spaghetti Bolognese</b>  | <b>4.50</b> |
|          | Made in the canteen with lean mince & vegies<br>(Gluten Free available) |             |
| <b>G</b> | <b>Shepherds Pie</b>  | <b>4.50</b> |
|          | Made in the canteen with lean mince & vegies                            |             |
| <b>G</b> | <b>Lasagne</b>  | <b>4.50</b> |
|          | Made in the canteen with lean mince & vegies                            |             |
| <b>G</b> | <b>Butter chicken</b>   | <b>4.50</b> |
|          | Made in the canteen with chicken, rice & vegies                         |             |

\*\*\*\*TUESDAY ONLY\*\*\*\*

|          |   |             |
|----------|---|-------------|
| <b>G</b> | <b>Beefburger/Cheeseburger</b>  | <b>5.00</b> |
|          | Beef pattie made in canteen with lean beef, lettuce, tomato, beetroot and pineapple |             |

## OTHER HOT MEALS

|          |   |          |             |
|----------|---|----------|-------------|
| <b>A</b> | <b>Sausage Roll</b>                         |          | <b>4.00</b> |
|          | From the Mrs Macs Good Eating range         |          |             |
| <b>A</b> | <b>Chicken Goujons</b>                      | <b>S</b> | <b>2.50</b> |
|          | 3 or 6 pieces of crumbed chicken            | <b>L</b> | <b>5.00</b> |
|          | (Gluten Free available)                     |          |             |
| <b>A</b> | <b>Beef Cruiser Pie</b>                     |          | <b>4.50</b> |
|          | From the Mrs Macs Good Eating range         |          |             |
| <b>A</b> | <b>Chicken Tender Wrap</b>                  | <b>S</b> | <b>4.00</b> |
|          | Wrap with chicken tenders, lettuce and mayo | <b>L</b> | <b>5.00</b> |
| <b>A</b> | <b>Monash Salsa Wrap</b>                    | <b>S</b> | <b>4.00</b> |
|          | Wrap with chicken tenders, salsa and cheese | <b>L</b> | <b>5.00</b> |

## SANDWICHES

|          |  |              |
|----------|--|--------------|
| <b>G</b> | <b>Salad</b>   | <b>4.00</b>  |
|          | Lettuce, tomato, cucumber & carrot                                       |              |
| <b>G</b> | <b>Sandwich Fillings</b>   | <b>+1.00</b> |
|          | Cheese, chicken or tuna  |              |
| <b>G</b> | <b>Chicken, Sweetcorn &amp; Mayo</b>                                     | <b>5.00</b>  |
|          | Fresh chicken cooked in the canteen mixed with sweetcorn & mayo, lettuce |              |

**G** **Boiled Egg & Mayonnaise** **5.00**  
Boiled egg mixed with mayonnaise and lettuce

- \* Convert your sandwich into a wrap for **\$0.50 extra**
- \* All sandwiches are made with wholemeal bread
- \* All sandwiches or wraps can be toasted if required

## SALAD BOX

|          |  |              |
|----------|--|--------------|
| <b>G</b> | <b>Salad Box</b>   | <b>4.50</b>  |
|          | (lettuce, tomato, grated carrot, cucumber, red onion & rocket) |              |
| <b>G</b> | <b>Salad Box Fillings</b>                                      | <b>+1.00</b> |
|          | (Chicken, cheese cubes, or tuna)                               |              |

## EXTRAS

|  |                        |             |
|--|------------------------|-------------|
|  | <b>Tomato Sauce</b>    | <b>0.40</b> |
|  | <b>Barbecue Sauce</b>  | <b>0.40</b> |
|  | <b>Paper Lunch Bag</b> | <b>0.10</b> |

## DRINKS

|          |   |             |
|----------|---|-------------|
| <b>G</b> | <b>300ml bottle of milk</b>                           | <b>1.80</b> |
| <b>G</b> | <b>300ml bottle of milk with Sipahh Straw</b>         | <b>2.30</b> |
| <b>G</b> | <b>Nippy's low fat milk</b>                           | <b>2.70</b> |
|          | (chocolate, strawberry, honeycomb)                    |             |
| <b>G</b> | <b>600ml bottle of water</b>                          | <b>1.70</b> |
| <b>A</b> | <b>200ml carton of Just Juice</b>                     | <b>2.00</b> |
|          | (apple, orange, apple & blackcurrant, paradise punch) |             |

**\*\*PLEASE NOTE\*\*** In an effort to keep the playground free from litter, a \$0.50 charge has been added to the cup of Milo and to the cup of fruit slushie. If the Milo cup & lid or the slushie cup & straw are brought back to the canteen for recycling, a \$0.50 canteen voucher will be given to your child.

The "A" & "G" classification against each menu item, refers to amber and green on the healthy canteen traffic light system. Green items being health choices that be eaten every day and amber being treat items.

## MONASH PRIMARY SCHOOL CANTEEN

### SPRING/SUMMER 2017 MENU

Lunch orders can be made by placing a lunch bag in the locked blue box outside the canteen, remembering to write your child's name and class on the bag. Alternatively, you can place a lunch order online, before 8:45am, using flexischools ([www.flexischools.com.au](http://www.flexischools.com.au)).

To contact the canteen, phone 61421679 or email [monashpscanteen@outlook.com](mailto:monashpscanteen@outlook.com)

## SNACKS

|          |  |             |
|----------|--|-------------|
| <b>A</b> | <b>Rice Cracker</b>  | <b>0.05</b> |
| <b>G</b> | <b>Cheese Cube</b>   | <b>0.20</b> |
| <b>A</b> | <b>Mini Fruit Muffin</b>   | <b>0.30</b> |
| <b>G</b> | <b>Cereal Bag</b><br>(Cheerios, Milo)                                  | <b>0.50</b> |
| <b>G</b> | <b>Scroll Surprise (Rosemary, garlic &amp; cheese)</b>                 | <b>0.70</b> |
| <b>A</b> | <b>Quelch Icy Pole</b>   | <b>1.00</b> |
| <b>G</b> | <b>Piece of Fruit</b><br>(apple, orange or pear)                       | <b>1.00</b> |
| <b>G</b> | <b>Popcorn (air popped)</b>  | <b>1.00</b> |
| <b>G</b> | <b>Snack Bag</b><br>(sticks of apple, carrot & cucumber)               | <b>1.20</b> |
| <b>G</b> | <b>Custard</b>   | <b>1.20</b> |
| <b>G</b> | <b>Yoghurt</b><br>(mango, vanilla, strawberry)                         | <b>1.20</b> |
| <b>A</b> | <b>Fruit Juice Jelly</b>   | <b>1.20</b> |
| <b>A</b> | <b>Pretzels</b>  | <b>1.30</b> |
| <b>G</b> | <b>Savoury Snack Bag</b><br>(cherry tomato, cheese, carrot & cucumber) | <b>1.50</b> |
| <b>A</b> | <b>Frozen Juice Cup</b>  | <b>1.50</b> |
| <b>G</b> | <b>Cup of Milo</b>   | <b>1.50</b> |
| <b>G</b> | <b>Fruit Salad</b>   | <b>2.00</b> |
| <b>A</b> | <b>Fruit Juice Jelly &amp; Custard</b>                                 | <b>2.00</b> |
| <b>A</b> | <b>Paddle Pop</b><br>(Chocolate, Rainbow)                              | <b>2.00</b> |
| <b>A</b> | <b>Finding Dory Ice-Cream</b>  | <b>2.50</b> |
| <b>A</b> | <b>Fruit Slushie</b>   | <b>2.50</b> |