



Monash School

MONASH SCHOOL CANTEEN

Menu 2019

Aim of P&C: To promote seasonal foods and provide a range of healthy options

CANTEEN MADE HOT MEALS

Baked Potato with Bolognese and Cheese	4.50
Baked Potato with Baked Beans and Cheese	4.50
Baked Potato with Cheese	4.50
Macaroni Cheese	4.50
Bolognese with Pasta (Gluten free available)	4.50
Vegan Lentil Bolognese with Pasta	
(Gluten free available)	4.50
Lasagne	4.50

OTHER HOT MEALS

Sausage Roll	4.00
Beef Cruiser Pie	4.50
Chicken Tender Wrap	5.00
Monash Salsa Wrap	5.00
Chicken Goujons or Gluten Free Nuggets	S - 2.50
	L - 5.00

SALAD BOX

Fresh made daily. Lettuce, tomato, grated carrot, cucumber & red onion.	4.50
Add chicken, cheese, tuna or boiled egg	+ 1.00

FROZEN TREATS

Quelch Icy Pole	1.00
Frozen Juice Cup	1.50
Paddle Pop: Chocolate, Rainbow	2.00
Fruit Slushie	2.50

SANDWICHES

Cheese	4.00
Salad	4.00
Egg and Mayonnaise	4.00
Chicken	4.00
Add Cheese, Egg, Chicken or Salad	+ 1.00

DRINKS

300ml milk	1.80
300ml milk with Sipahh straw	2.30
<i>Banana, Caramel, Chocolate, Choc Mint, Coconut, Cookies & Cream, Honeycomb, Mango, Raspberry, Strawberry, Marshmallow, Tropical, Vanilla</i>	
Nippy's low fat milk	2.70
<i>Chocolate, Strawberry, Honeycomb</i>	
600ml water	2.00
Milo: Hot or Cold	1.50
200ml Juice	2.00
<i>Apple & Blackcurrant, Paradise Punch, Apple</i>	

HOW TO ORDER

Lunch orders can be made by placing a lunch bag, with money enclosed, 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). To contact the canteen, phone 6142 1679 or email monashpscanteen@outlook.com

SNACKS

Cup of Soup: made with seasonal produce	1.50
Fruit: Apple, Orange or Pear	1.00

Snack bag: Carrot, Apple and Cucumber	1.20
Fruit Salad: seasonal produce	2.00
Savoury Snack Bag: (<i>Carrot, Cucumber, Cheese</i>)	1.50
Cheese cube	.10
Cereal Bag: <i>Cheerios or Milo</i>	.50
Scroll Surprise: <i>made with seasonal ingredients</i>	.50
Popcorn: (<i>air popped</i>)	1.00
Custard	1.20
Yoghurt: <i>strawberry, mango, vanilla</i>	1.20
Rice Cracker	.05
Mini Fruit Muffin	.30
Fruit Juice Jelly	1.20
Fruit Juice Jelly & Custard	2.00
Pretzels	1.30

EXTRAS

Tomato Sauce	.40
Barbeque Sauce	.40

Everyday Choices

Occasional Choices