



Monash School

## MONASH SCHOOL CANTEEN

### Autumn/Winter Menu 2018

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

#### CANTEEN MADE HOT MEALS

<u>Baked Potato with Bolognese and Cheese</u>	<u>4.50</u>
<u>Baked Potato with Baked Beans and Cheese</u>	<u>4.50</u>
<u>Macaroni Cheese</u>	<u>4.50</u>
<u>Bolognese with Pasta (Gluten free available)</u>	<u>4.50</u>
<u>Vegan Lentil Bolognese with Pasta</u>	
<u>(Gluten free available)</u>	<u>4.50</u>
<u>Lasagne</u>	<u>4.50</u>
<u>Butter Chicken with Rice</u>	<u>4.50</u>

#### OTHER HOT MEALS

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

#### SALAD BOX

<u>Fresh made daily. Lettuce, tomato, grated carrot, cucumber &amp; red onion.</u>	<u>4.50</u>
<u>Add chicken, cheese, tuna or boiled egg</u>	<u>+ 1.00</u>

#### FROZEN TREATS

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

#### SANDWICHES

<u>Cheese</u>	<u>4.00</u>
<u>Salad</u>	<u>4.00</u>
<u>Egg and Mayonnaise</u>	<u>4.00</u>
<u>Chicken</u>	<u>4.00</u>
<u>Add Cheese, Egg, Chicken or Salad</u>	<u>+ 1.00</u>

#### DRINKS

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

#### DAILY MEAL DEALS

##### Monday \$5.00

##### Beef Burger:

*Canteen made beef patty with lettuce and tomato.*

##### Veggie Burger:

*Canteen made lentil, egg and vegetable patty with lettuce and tomato.*

##### Tuesday \$5.00

##### Vegan Fried Rice:

*Canteen made with seasonal vegetables.*

##### Chicken Fried Rice:

*Canteen made with seasonal vegetables and poached chicken breast.*

#### 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](http://www.flexischools.com.au)).

To contact the canteen, phone 6142 1679 or email [monashpscanteen@outlook.com](mailto:monashpscanteen@outlook.com)

#### SNACKS

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

#### EXTRAS

<u>Tomato Sauce</u>	<u>.40</u>
<u>Barbeque Sauce</u>	<u>.40</u>

Everyday Choices

Occasional Choices