

CANTEEN MADE HOT MEALS

G	Baked Potato		3.50
	Served with Bolognese sauce & cheese		
G	Macaroni Cheese		4.00
	Made in the canteen		
G	Spaghetti Bolognese		4.00
	Made in the canteen with lean mince & vegies (Gluten Free available)		
G	Shepherds Pie		4.00
	Made in the canteen with lean mince & vegies		
G	Lasagne		4.50
	Made in the canteen with lean mince & vegies		
G	Butter chicken		4.50
	Made in the canteen with chicken, rice & vegies		

****TUESDAY ONLY****

G	Beefburger/Cheeseburger		5.00
	Beef patty made in canteen with lean beef, lettuce, tomato and beetroot		

OTHER HOT MEALS

A	Sausage Roll		3.00
	From the Mrs Macs Good Eating range		
A	Chicken Goujons	S	2.00
	3 or 6 pieces of crumbed chicken	L	4.00
	(Gluten Free available)		
A	Beef Cruizer Pie		3.50
	From the Mrs Macs Good Eating range		

****MONDAYS ONLY****

A	Chicken Tender Wrap	S	3.50
	Wrap with chicken tenders, lettuce and mayo	L	4.50

****WEDNESDAYS ONLY****

A	Monash Salsa Wrap	S	3.50
	Wrap with chicken tenders, salsa and cheese	L	4.50

To contact the canteen, phone 62916357 or email monashpscanteen@outlook.com

SANDWICHES & SALADS

G	Salad Sandwich	3.00
	Lettuce, tomato, cucumber & carrot	
G	Cheese & Salad Sandwich	3.50
	Cheese, lettuce, tomato, cucumber & carrot	
G	Chicken & Salad Sandwich	4.00
	Fresh chicken cooked in the canteen with lettuce, tomato, cucumber & carrot	
G	Chicken, Sweetcorn & Mayonnaise Sandwich	4.50
	Fresh chicken cooked in the canteen with sweetcorn, mayonnaise & lettuce	
G	Boiled Egg & Mayonnaise Sandwich	4.00
	Boiled Egg with mayonnaise and lettuce	
G	Chicken or Cheese Salad	4.50
	Lettuce, tomato, cucumber & carrot with chicken or cheese	

* 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

EXTRAS

Tomato Sauce	0.30
Paper Lunch Bag	0.10

DRINKS

G	300ml bottle of milk	1.50
G	300ml bottle of milk with Sipahh Straw	2.00
G	Nippy's low fat milk	2.50
	(Chocolate, Strawberry, Honeycomb)	
G	600ml bottle of water	1.50
A	200ml carton of Just Juice	1.70
	(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 **HOT MILO** and **SLUSHIE**. If the **MILO CUP & LID** or the **SLUSHIE CUP & STRAW** are brought back to the canteen for recycling, a \$0.50 voucher will be given to your child.

MONASH PRIMARY SCHOOL CANTEEN

AUTUMN/WINTER 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).

SNACKS

A	Rice Cracker	0.05
G	Cheese Cube	0.10
A	Mini Fruit Muffin	0.20
G	Cereal Bag (Cheerios or Milo)	0.50
A	Quelch Icy Pole	0.50
G	Snack Bag	1.00
	(Sticks of Apple, carrot & cucumber)	
G	Piece of Fruit	1.00
	(Apple, Orange, Pear)	
G	Custard	1.00
G	Yoghurt	1.00
	(Mango, Vanilla, Strawberry)	
G	Popcorn (air popped)	1.00
A	Pretzels	1.00
A	Frozen Juice Cup	1.00
A	Fruit Jelly	1.00
G	Fruit Salad	1.50
G	Cup of Hot Milo	1.50
G	Bulla Frozen Yoghurt Stick	1.50
G	Fruit Jelly & Custard	1.50
A	Paddle Pop – Banana	1.50
A	Paddle Pop – Rainbow or Chocolate	1.80
A	Finding Dory Ice-Cream	2.20
A	Fruit Slushie	2.50

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