




Green Food Choices - Choose Plenty


~Hot and Tasty~

Chicken Burger with lettuce & mayo	\$5.00	
Chicken Burger with lettuce, tomato & mayo	\$5.50	
Lasagne	\$4.00	
Spaghetti	\$4.00	
Macaroni & Cheese	\$4.00	
Fried Rice	\$3.50	
Baked Potato with butter, ham & cheese	\$5.50	
- Pineapple, coleslaw - each extra	\$1.00	
- Sour cream - extra	.50c	


~Foccacia~

Ham, cheese & avocado	\$5.00	
Ham, cheese, lettuce & tomato	\$5.50	
Roast chicken, cheese, tomato & lettuce	\$6.00	
(Pineapple) extra	.50c	


~Toasted Sandwiches~

Roast chicken, cheese & tomato	\$4.50	
Ham, cheese & pineapple	\$4.00	
Ham, cheese & tomato	\$4.00	
Ham & cheese/cheese & tomato	\$3.50	


~Sandwiches~

Ham/chicken	\$3.50	
Roast chicken & salad	\$6.00	
Ham & salad	\$5.00	
Cheese, egg or Tomato	\$3.00	
Curried egg or Egg & lettuce	\$3.50	
Salad	\$4.00	
Vegemite	\$2.50	
(Extra fillings .50 c) (mayo or sauce .20c)		


~Pita Wraps and Bread Rolls~

Roast Chicken & Salad	\$6.50	
Ham & Salad	\$5.50	
Salad	\$4.50	
½ Roast Chicken or Ham & Salad Pita Wrap	\$4.50	
½ Salad Pita Wrap	\$4.00	

~Salad Plates~




Roast Chicken & Salad	sm: \$5.50	lg: \$6.50	
Ham & Salad	sm: \$5.00	lg: \$6.00	
Salad plate	sm: \$4.50	lg: \$5.50	

~Homemade Soup~

Chicken & vegetable, Pumpkin or Vegetable	cup \$3.00	
(With dinner roll)	extra .50c	

Available in Terms 2 & 3 only

Amber Food Choices - Select Carefully

Pizza	\$4.00	
Pie, pasty	\$3.50	
Sausage roll	\$3.50	
Party pie	\$1.00	
Hot dog in roll	\$3.50	
Hot dog in roll with cheese	\$4.00	
Hot dog in bread	\$3.00	
Dim sim ovenbaked	\$1.00	
Chicken nuggets	.50c	
Hash Brown	.60c	
Noodles (Chicken or BBQ)	\$2.50	

PLEASE ADD 20C FOR SAUCE ON ALL ITEMS

Recess Menu

Pizza bread	\$1.00	
Cheese & tomato or ham & pineapple muffin	\$1.00	
Mini hot dog	\$1.00	



~Muffins~

Chocolate, Banana, Blueberry \$1.00
Chocolate/Choc-Chip cookies .50c

NEW ~Smoothies~

Yoghurt, honey, milk, mixed berries or banana \$5.00

~ Yoghurt ~

Banana, Vanilla, Strawberry \$1.00

~Drinks~

Flavoured milk 250ml: \$3.00 375ml: \$3.50
(Chocolate, strawberry or honeycomb)

Cup of milk Milo \$2.50

Cup of plain milk \$1.50

Pop top juices (100% juice) \$2.50

(Apple, apple & blackcurrant or orange)

Bottled water \$2.50

~Iceblocks & Ice creams~

Quelch sticks (100% juice) .50c

Zings .50c

Frozen juice cups \$1.00

(Apple or orange or apple/blackcurrant)

Mini calippo \$1.00

~Snacks~

Pizza JJ's/popcorn \$1.20

Red rock honey soy chicken chips \$1.20

Sour Cream & Chive

Grain Waves 28gm \$1.20

Jatz biscuits .40c

Coon cheese portions .60c

~Fresh Seasonal Fruit~

per piece \$1.00



THE "MULGA MUNCH" CANTEEN

Menu

Effective from 19th June, 2017

Our canteen menu aims to provide healthy and nutritious food and drinks consistent with the 'DECS 'Right Bite' Healthy Eating Guide for Schools and Preschools' and 'The Australian Dietary Guidelines for Children and Adolescents'.

Lunch bags are available from the canteen
10 for 50c.

Plastic forks and spoons 10c

Canteen name: Graeson Kuhl
Veggie Vern: Angela Whitson
Fruity Felicity: Aylish Mathys

