

## 1 Green Food Choices - Choose Plenty

### ~Hot and Tasty~

Chicken Burger with lettuce & mayo	\$6.00
Chicken Burger with lettuce, tomato & mayo	\$6.50
Lasagne	\$4.20
Spaghetti	\$4.20
Macaroni & Cheese	\$4.20
Fried Rice	\$3.70
Baked Potato with butter, ham & cheese	\$6.00
- Pineapple, coleslaw, sour cream - each extra	\$1.00



### ~Foccacia~

Ham, cheese & avocado	\$6.00
Ham, cheese, lettuce & tomato	\$6.50
Roast chicken, cheese, tomato & lettuce	\$7.00
(Pineapple) extra	\$1.00



### ~Toasted Sandwiches~

Roast chicken, cheese & tomato	\$5.50
Ham, cheese & pineapple	\$5.00
Ham, cheese & tomato	\$5.00
Ham & cheese/cheese & tomato	\$4.00



### ~Sandwiches~

Ham/chicken	\$3.50
Roast chicken & salad	\$6.50
Ham & salad	\$6.00
Cheese, egg or Tomato	\$3.00
Curried egg or Egg & lettuce	\$4.00
Salad	\$5.00
Vegemite	\$2.50
(Extra fillings .50 c) (mayo or sauce .20c)	



### ~Pita Wraps and Bread Rolls~

Roast Chicken & Salad	\$7.00
Ham & Salad	\$6.50
Salad	\$5.50
½ Roast Chicken or Ham & Salad Pita Wrap	\$5.00
½ Salad Pita Wrap	\$4.50



### ~Salad Plates~

Roast Chicken & Salad	sm: \$6.50	lg: \$8.00
Ham & Salad	sm: \$6.00	lg: \$7.50
Salad plate	sm: \$5.50	lg: \$7.00



### ~Homemade Soup~

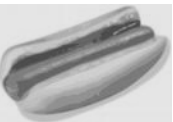
Chicken & vegetable, Pumpkin or Vegetable	cup \$4.00
(With dinner roll)	extra \$1.00c



**Available in Terms 2 & 3 only**

## Amber Food Choices - Select Carefully

Pizza	\$4.00
Pie, pasty	\$4.00
Sausage roll	\$3.50
Party pie	\$1.20
Hot dog in roll	\$4.00
Hot dog in roll with cheese	\$4.50
Hot dog in bread	\$3.00
Dim sim ovenbaked	\$1.00
Chicken nuggets	.70c
Hash Brown	.70c
Noodles (Chicken or BBQ)	\$3.20



**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 .60c



### ~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 \$1.20  
(Apple/blackcurrant)  
Mini calippo \$1.00  
Dixie cup icecream \$1.00



### ~Snacks~

Pizza JJ's or Chicken \$1.20  
Red rock honey soy chicken chips \$1.20  
Sour Cream & Chive grain waves \$1.20  
  
Jatz biscuits .50c  
Coon cheese portions .70c



### ~Fresh Seasonal Fruit~

per piece \$1.00



# THE "MULGA MUNCH" CANTEEN

## Menu



Effective from 1<sup>st</sup> March, 2021

Our canteen menu aims to provide healthy and nutritious food and drinks consistent with the **Department for Education 'Right Bite manual - developing actions and alternatives'** and **'Food for Health: Dietary Guidelines for Children and Adolescents in Australia'**.

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

Bamboo forks and spoons 20c



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