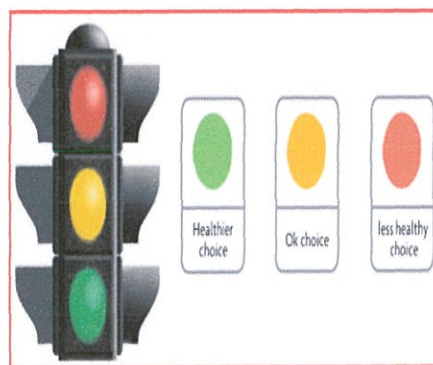


# MATER CHRISTI CANTEEN 2018



## GREEN MEAL DEALS

4 Chicken nuggets with small garden salad and corn cob \$5.00

Light Cheese & Salad or Egg & Salad Wrap with flavoured milk or bottled water

\$5.00

Homemade Vegetable Savoury Muffin with corn cob and flavoured milk or bottled water \$5.00

PICKY PLATE \$5.00

With Cheese or vegemite sandwich, carrot sticks, cherry tomatoes, cucumber

boiled egg, snow peas and celery



## EVERYDAY MEAL CHOICES

Malones Sausage rolls (low fat and veg packed) \$3.50

Homemade Spaghetti\* \$4.00

Homemade Lasagne \$4.00

Homemade Macaroni Cheese\* \$3.50

Homemade Fried Rice \* \$3.50

Homemade Nachos \$3.50

Popcorn Chicken Wrap \$4.00

Hotdog \$4.00

Puppy Dog \$3.00

Tempura honey chicken & fried rice \$4.50

PIZZAS: Hawaiian or Meat lovers \$3.50

Spring Rolls 50c

Chicken Nuggets 50c

Corn Cob \$1.00

Boiled Egg \$1.00

Salad Box (Lettuce, carrot, light cheese, boiled egg, tomato, beetroot & cucumber)

Noodles in a cup (Beef or Chicken) \$3.50

Tomato sauce 50c

Mrs Macs Pie \$4.00

Mrs Macs Light Snack pie \$1.00

Gluten Free Pie's or Sausage Rolls \$4.50



\*GLUTEN FREE OPTIONS AVAILIABLE \*\* All freshly made on the premises by Chef Heid

## SANDWICHES, ROLLS & WRAPS

### FRESHLY MADE EVERYDAY

Vegemite

Chicken

Ham

Tuna

Cheese (low fat)

Egg/ Curried

Salad (lettuce, tomato & carrot)

Sandwiches \$3.00

Rolls \$3.50

Wraps \$4.00

Add salad \$1.00

Add Cheese 50c

EXTRA'S (beetroot, cucumber, mayo) 20c



### *SUPER KIDS SPECIAL \$5.00*

Includes cheese or vegemite sandwich, popcorn, juice box pikelet, and surprise!

Juice Bomb or flavoured milk add \$1.00 (only when purchased in kids pack)

Ham, Chicken or Tuna add 50c

### TOASTED TURKISH BREAD ROLLS \$5.00

With chicken, cheese, mayo, avocado & tomato

### SUSHI CHICKEN OR TUNA 5 PIECES \$5.00





### RECESS SALES ONLY

- Pizza Cheesie \$1.00  
Potato gems (oven baked) \$2.00  
Oven baked Chips and Gravy  
Garlic Bread \$1.00  
Hash browns 60c  
Homemade Pikelets 30c  
Homemade Fruit Muffins \$1.00  
Homemade low fat Dip and Veg Cups \$1.00



### LUNCH SALES

- Assorted ice creams/ Slushies \$1.00 to \$2.00

### DRINKS

- Juice bombs assorted flavours \$2.00  
Flavoured Milks choc, strawberry \$2.00  
Juice Boxes apple, orange, tropical, apple & blackcurrant \$2.00  
Bottled Water \$1.50



### CANTEEN INFO

Canteen opens at 8.30

Lunch bags are available at the canteen for 50c bundle of 10

Please print your child's NAME & CLASS on EACH BAG

THE CANTEEN IS NOT RESPONSIBLE FOR LOST CHANGE Please advise if your child is taken home sick

Any questions please come and see Heidi or Joh or call us on 94175756