

### Green Food Choices - Choose Plenty

#### ~Hot and Tasty~

Chicken Burger with lettuce & mayo	GF	\$7.00
Chicken Burger with lettuce, tomato & mayo	GF	\$7.50
Lasagne		\$5.00
Spaghetti		\$5.00
Macaroni & Cheese		\$5.00
Baked Potato ( butter,ham, cheese)		\$7.00
Add: Pineapple or Sour Cream		
Extra		\$1.00

#### ~Foccacia~

Ham, cheese & avocado		\$7.00
Roast chicken, cheese, tomato & lettuce (Pineapple or Avocado)		\$7.50
extra		\$1.00

#### ~Toasted Sandwiches~

Roast chicken, cheese & tomato		\$6.00
Ham, cheese & pineapple	GF	\$5.50
Ham, cheese, tomato	GF	\$5.50
Ham & cheese or Cheese & tomato	GF	\$4.50

#### ~Sandwiches~ GF

Ham		\$4.00
Chicken		\$4.50
Roast Chicken Salad or Ham Salad		\$7.00
Cheese		\$3.00
Salad		\$6.00
Vegemite		\$2.50

#### ~Pita Wraps and Bread Rolls~

Roast Chicken & Salad		\$7.50
Ham & Salad		\$7.00
Salad		\$6.00
½ Roast Chicken or Ham & Salad Pita Wrap		\$5.50
½ Salad Pita Wrap		\$5.00

GF = Gluten Free option    V = Vegan Option

### ~Salad Plates~

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

### Amber Food Choices - Select Carefully

Pizza		\$4.50
Pie		\$4.00
Sausage roll	GF V	\$4.00 G/F \$5.00
Party pie		\$1.50
Hot dog in roll		\$4.00
Hot dog in a roll with sauce		\$4.50
Hot dog in roll with cheese or Cheese & sauce		\$5.00
Hot dog in bread		\$3.50
Dim sim ovenbaked		\$1.00
Chicken nuggets	GF V	\$1.00 V \$1.50
Noodles (Chicken or Beef)	V	\$3.50

#### ~Muffins~

Chocolate, Banana, Blueberry or GF/V Chocolate		\$1.50 G/F \$2.00
Chocolate/Choc-Chip cookies		\$1.00

#### ~Drinks~

Flavoured milk	250ml: \$3.50	375ml: \$4.00
(Chocolate, Strawberry or Honeycomb)		
Pop top juices (100% juice)		\$3.00
(Apple, apple & blackcurrant or orange)		
Bottled water		\$2.50

#### ~Iceblocks & Ice creams~

Icypole		\$1.00
Mini calippo		\$1.50

#### ~Snacks~

Red rock honey soy or Sea Salt chips		\$1.50
Sour Cream & Chive grain waves		\$1.50
Salt & Vinegar or Chicken Jumpy's		\$1.50
Sunfruits		.50c or \$1.00

# THE "MULGA MUNCH" CANTEEN



## Menu

Effective from of 16<sup>th</sup> of October  
2023

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.

