

AVAILABLE BY ORDER ONLY

(NOT OVER THE COUNTER)

MEAL DEALS = \$5.00 INCLUDES DRINK OF CHOICE OR LARGE SLUSHIE

Nibble Box Deal	Nibble Salad or Protein Box	H
Pasta Deal	Lasagne, Macaroni & Cheese	O
Chicken Burger Deal	Flame Grilled Chicken Breast	O
Meat Ball Deal	Meat Ball Sub	O
Chicken Chippy Wrap Deal	Chicken Chipee wrap	O

SALAD BAR

Vegemite, Honey, Jam, Cheese, Egg, or Tomato Sandwich	H	\$1.50
Tuna, Ham (GF) or Chopped Chicken Breast Sandwich	H	\$2.00
Ham, Cheese and Tomato Sandwich or Toastie	H	\$3.00
Salad Sandwich (carrot, cucumber, tomato, lettuce)	H	\$3.00
Salad & Protein Sandwich (Ham, Chicken, Tuna or Egg)	H	\$3.50
Fruit Salad Box (cut seasonal fruit in takeaway container)	H	\$4.00
Nibble Salad Box (choose 4 from carrot, cucumber, cherry tomatoes, lettuce, beetroot, cheese, fruit slices)	H	\$4.00
Nibble Protein Box (choose as above + add tuna, ham, chicken, egg or meatballs)	H	\$4.50

SNACKS

Toast (one slice)	Vegemite, Honey, Jam	H	50c
Cheese & Crackers	4 whole meal crackers & light tasty cheese squares	H	50c
Seasonal Fruit	Seasonal (orange, apple, pear, banana etc)	H	50c
Fruit Salad Cup	Seasonal cut fruit in large cup	H	\$2.00
Carrot Sticks & Dip	Carrot Sticks with Humus Dip	H	\$1.50
Custard/Yoghurt Cup (GF, NACF)	Custard/Vanilla Yoghurt 200mls	H	\$1.00
Milk Pops	Frozen Milk Bites, Chocolate & Strawberry	H	20c or 3 for 50c
Juice Sticks	Berri Quelch 99% Juice Frozen Sticks Apple, orange, mango, blackcurrant, tropical	H	60c
Pineapple O's	Frozen Pineapple Ring	H	50c
Frozen Fruit	Frozen seasonal fruit pieces	H	50c

DRINKS

Bottled Water (Wild)	Australian Spring Water 600mls	H	\$1.50
Milo (Nestle)	Warm or Cold with low fat milk, 200mls	H	\$1.00
Up n Go (Sanitarium)	Chocolate, Strawberry, Banana, Vanilla, 250ml	H	\$1.70
Juice Pop Tops (Juicy Isle)	100% Apple, Orange, Apple & Blackcurrant 250mls (Juicy Isle)	H	\$1.70
Flavoured Milk (Nippy's)	Chocolate, Strawberry, Low Fat Milk, 250mls	H	\$2.00

HOTFOOD

Pasta (Allied Chef)	Lasagne or Macaroni & Cheese	H	\$4.00
Meat Ball Sub (Chefs Edge)	4 Meatballs & Sauce on a roll	H	\$4.00
Chicken Chipee Wrap	Chicken chipees (Inghams) in a bread wrap with lettuce & mayo	H	\$4.00
Chicken Burger	Flame Grilled Chicken Breast (Inghams) in a bread wrap with lettuce & mayo	H	\$4.00
Pizza (ham & pineapple)		H	\$4.00
Chicken Chipees	Chicken Breast chipees	O	50c
Garlic Bread	½ roll with garlic butter (Canteen made)	O	60c
Hash Brown	McCain's Potato Hash Brown	O	\$1.00
Sausage Roll	Good tucker (110g)	O	\$3.00
Meat Pie	Good Tucker (95g)	O	\$3.50
Sauce	Tomato or Barbecue		20c

DRINKS

Slushie (Wild Fruitz) (NACF)	99.9% Juice, Various flavours	H	\$1.00
	Small 200mls & Large 237mls		\$1.50
Fruit Drink (Juice Bombs)	100% Sparkling Fruit Juice, assorted flavours, 250mls	H	\$2.00

SNACKS

Jelly Cup	Sugar Free Jelly	O	\$1.00
Popcorn (GF)	Lightly Salted Popcorn	O	50c
Grain waves Chips	Sour Cream & Chives	O	\$1.00
Red Rock Deli Chips	Honey Soy or Sea Salt		\$1.00
Moosies	Frozen Ice-cream tubes, Choc & Blue Moon	O	\$1.00
Ice Cream Tub (GF)	Bulla Light Vanilla Ice Cream Tub 100mls	O	\$1.20



2021

CANTEEN MENU

Mt Brown Public School P&C

We are open Tuesday through Friday every week for pre-ordered and over the counter purchases. We are not open for afternoon recess.

HOW TO MAKE A CANTEEN ORDER

- Write Child's Name & Class on lunch bag
- Write the order with prices and total cost
- Place in the Lunch Order Box located in the front office



- **If NOT using own lunch bag, please add 20c**



Our menu is compliant with

Healthy School Canteen Strategy

www.healthyschoolcanteens.nsw.gov.au



Healthiest Options



Occasional Foods

- GF = Gluten Free
- NACF = No Artificial Colours /Flavors

