

## AVAILABLE BY ORDER ONLY

(NOT OVER THE COUNTER)

### MEAL DEALS = \$5.00 Lunch orders only

<b>Nibble Box Deal</b>	Nibble Salad or Protein Box with Drink	<b>H</b>
<b>Pasta Deal</b>	Lasagne, Macaroni & Cheese & Drink	<b>H</b>
<b>Chicken Burger Deal</b>	Flame Grilled Chicken & Drink	<b>H</b>
<b>Meat Ball Deal</b>	Meat Ball Sub & Drink	<b>H</b>

### SALAD BAR Available by ORDER ONLY for Lunch & Recess

Vegemite, Honey, Jam, Cheese, Egg, or Tomato Sandwich	<b>H</b>	<b>\$1.50</b>
Tuna, Ham (GF) or Chopped Chicken Breast Sandwich	<b>H</b>	<b>\$2.00</b>
Ham, Cheese and Tomato Sandwich or Toastie	<b>H</b>	<b>\$2.50</b>
Salad Sandwich (carrot, cucumber, tomato, lettuce)	<b>H</b>	<b>\$3.00</b>
Salad & Protein Sandwich (Ham, Chicken, Tuna or Egg)	<b>H</b>	<b>\$3.50</b>
Fruit Salad Box (cut seasonal fruit in takeaway container)	<b>H</b>	<b>\$3.50</b>
Nibble Salad Box (choose 4 from carrot, cucumber, cherry tomatoes, lettuce, beetroot, cheese, fruit slices)	<b>H</b>	<b>\$3.50</b>
Nibble Protein Box (choose as above + add tuna, ham, chicken, egg or meatballs)	<b>H</b>	<b>\$4.50</b>

## SNACKS

### Lunch and Recess

Toast	Vegemite, Honey, Jam	<b>H</b>	<b>50c</b>
Cheese & Crackers	4 wholemeal crackers & light tasty cheese squares	<b>H</b>	<b>50c</b>
Seasonal Fruit	Seasonal (orange, apple, pear, banana etc)	<b>H</b>	<b>80c</b>
Fruit Salad Cup	Seasonal cut fruit in small cu	<b>H</b>	<b>\$1.50</b>
Carrot Sticks & Dip	Carrot Sticks with Hommus Dip	<b>H</b>	<b>\$1.50</b>
Custard/Yoghurt Cup (GF, NACF)	Low Fat Custard/Vanilla Yoghurt 200mls	<b>H</b>	<b>\$1.00</b>
Banana Pancakes	Canteen Made	<b>H</b>	<b>50c</b>
Milk Pops	Frozen Milk Bites, Chocolate & Strawberry	<b>H</b>	<b>20c</b>
Juice Sticks	Berri Quelch 99% Juice Frozen Sticks Apple, orange, mango, blackcurrant, tropical	<b>H</b>	<b>50c</b>
Pineapple O's	Frozen Pineapple Ring	<b>H</b>	<b>50c</b>
Frozen Fruit	Cup of chopped, frozen seasonal fruit	<b>H</b>	<b>50c</b>

## DRINKS

### Lunch and Recess

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

## LUNCH ONLY MENU

### HOT FOOD

Pasta (Allied Chef)	Lasagne or Macaroni & Cheese	H	\$3.50
Meat Ball Sub (Chefs Edge)	4 Meatballs & Sauce on long roll	H	\$4.00
Chicken Wrap	Flame Grilled Chicken Breast (Ingham's) w/ lettuce & mayo	H	\$4.00
Chicken Burger	Flame Grilled Chicken Breast (Ingham's) w/ lettuce & mayo	H	\$4.00
Pizza (ham & pineapple)	Ingham's	H	\$3.50
Chicken Chipees	Chicken Breast Goujons (Ingham's)	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	\$2.80
Meat Pie	Good Tucker (95g)	O	\$3.00

### DRINKS

Slushie (Wild Fruit) (NACF)	99.9% Juice, Various Flavours Small 200mls & Large 237mls	H	\$1.00 \$1.50
Fruit Drink (Juice Bombs)	100% Sparkling Fruit Juice, Cola, Orange, Grape, Watermelon, 250mls	H	\$2.00

### SNACKS

Jelly Cup	Sugar Free Jelly	O	\$1.00
Popcorn (GF)	Lightly Salted Popcorn	O	50c
Choc surprise Muffins	Homemade zucchini & cocoa muffins (Canteen Made)	O	\$1.00
Grain waves Chips	Sour Cream & Chives	O	\$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	\$1.00



Term 1—2020

## CANTEEN MENU

### Mt Brown Public School P&C

#### HOW TO MAKE A CANTEEN ORDER

- Green slots can be ordered for Recess and lunch
- Yellow slots are for lunch orders only
- Write Child's Name & Class on lunch bag
- Specify if a RECESS or LUNCH order?
- Write the order with prices and total cost
- Place in the Lunch Order Box on Canteen counter from 8.30am
- If NOT using own lunch bag , please add 10c



Our menu is compliant with

**Healthy School Canteen Strategy**

[www.healthyschoolcanteens.nsw.gov.au](http://www.healthyschoolcanteens.nsw.gov.au)



Healthiest Options



Occasional Foods

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

