

# 'The Munch Box' Summer Menu Term 4 2018 & Term 1 2019

## Daily Specials

### Monday

Hot Dog & Sauce \$3.50 A  
Hot Chicken & Mayo roll \*GF Option \$3.50 G

### Tuesday

Mexican pita pocket \$4.00 G

### Wednesday

Chicken Strips (4) & Hash browns (2) \*GF option \$3.50 A  
Chicken Strips (4) & Salad cup \*GF option \$3.50 G

### Thursday

Pop up special see FB page or canteen various prices

### Friday

Beef Burger \$4.00 G  
(served with Lettuce, Carrot, Tomato & Sauce)  
Chicken Burger \$4.00 G  
(served with Lettuce, Carrot, Tomato & Mayo)

### Pastries Friday Only

Sausage Roll \$2.50 A  
Party Pie \$1.20 A  
Meat Pie \$3.50 A

## Everyday Lunches

Rainbow salad with Chicken or Cheese GF \$4.50 G  
Ham & Cheese Pizza/Vegetarian \$3.50 G  
Corn Cobbett \$1.50 G  
Sushi 4 piece \$4.50 G  
(Teriyaki Chicken or Tuna or Vegetable all can be GF) Please state if you prefer cut.  
Bolognaise Nacho Dippers \$4.50 A  
Fresh Fruit Salad \$2.00 G  
Picky Box \$5.00 G  
(1/2 sandwich Cheese or Vegemite, Cheese and crackers, fruit muffin, chicken winget & water.  
Quiche or Zucchini slice, salad, dressing \$5.00 G  
(served with water \*GF Option)

## Recess

\*\*Not all items available everyday\*\*

(Hot recess items can't be ordered for lunch)

Apple slinky/Seasonal Fruit \$0.60 G  
Pikelet \$0.10 G  
Carrot Stick \$0.05 G  
Yoghurt \$2.00 G  
Popcorn \$0.20 G  
Vegemite & Cheese Scrolls \$0.20 G  
Fresh Fruit Salad \$2.00 G  
Fruit Muffins \$0.50 G  
Ham & Cheese/Baked Bean Cheesie \$1.00 G  
Hash browns Mon/Fri \$0.50 A  
Plain Chicken Strip Mon/Fri \$1.20 A  
Chilli Chicken Strip Mon/Fri \$1.20 A  
Noodles \$0.50 A

Munch box lunches	Sandwich	Roll	Salad	Toasted	½ wrap served with salad	Whole wrap served with salad	Salad tray served with buttered bread & Fruit
Your way!!							
Ham	2.70	3.00	+1.00	+50c	3.70	5.00	5.00
Tuna	2.70	3.00	+1.00	+50c	3.70	5.00	5.00
Cheese	2.70	3.00	+1.00	+50c	3.70	5.00	5.00
Egg	2.70	3.00	+1.00	+50c	3.70	5.00	5.00
Chicken	2.70	3.00	+1.00	+50c	3.70	5.00	5.00
Vegemite	1.70	2.00	/	+50c	/	/	/
Baked Beans				3.50	/	/	/



Cheese	0.50	Beetroot	0.30	Tomato	0.30
Egg	0.50	Salad	1.00	Carrot	0.30
Sauce	0.30	Lettuce	0.30	Cucumber	0.30
Salad Dressing	0.30	Avocado	0.60	Mayonnaise	0.30

## Drinks

Plain Milk \$1.30 G  
Plain Milk & Sippah Straw \$1.80 G  
Chill Milk \$2.00 G  
(Choc, Strawberry, Neapolitan)  
Hot/Cold Milo \$1.50 G  
Water \$1.50 G  
Golden Circle Popper \$1.50 A  
(Apple & Blackcurrant, Tropical, Apple, Orange)  
Juice bomb \$2.00 A  
(Apple & Blackcurrant, Tropical, Raspberry)

Bread 2 Slices \$0.50 Roll \$1.00, Gluten Free Bread \$1.00/ GF Roll \$2.00

\*\*Wholemeal bread used unless white is requested\*\*

Salad includes -Lettuce, Carrot, Cucumber & Tomato.

Where Gluten Free bread or roll, options are used add 50c bread and \$1.00 for roll.

Please note your GF option or allergies on lunch bag.