



CANTEEN WINTER MENU



NOTE: PRICES & ITEMS CAN CHANGE AT ANYTIME

Prices as of Term 2 2022

ALL ITEMS AVAILABLE EVERYDAY UNLESS STATED

FRESH SANDWICHES CM



Vegemite	V	\$2.50
Cheese	V	\$2.80
Ham		\$3.30
Ham & Cheese		\$3.80
Ham, Cheese & Tomato		\$4.00
Egg & Lettuce	V	\$3.30
Tuna		\$3.50
Salad - lettuce, carrot, cucumber & tomato	V	\$4.00
Ham & Salad		\$4.80
Cheese & Salad	V	\$4.80
# OPTIONS FOR Sandwiches		
# Toasted		\$0.50
# Wrap		\$0.60
# Gluten Free Bread or Wrap	GF	\$1.50

BEACH BOX'S & SALADS

Beach Box	CM	
Choice of - Chicken, Ham or Tuna		\$5.50
Half flat bread, cheese, cucumber, carrot, Lettuce, cherry tomatoes & slice of cheese		
# OPTIONS FOR Beach Boxes		
# Add Hommus, Tzatziki or Tomato Veggie Sauce		\$0.60
# Gluten Free Wrap Beach Box	GF	\$1.50



COLD SNACKS

Anzac Biscuits	V	CM	\$0.60	
Sultana Box		V	\$0.80	
Fresh Piece of Fruit - Seasonal	V	CM	\$1.00	
Googie Egg - Hard boiled egg	V	CM	\$1.00	
Slinky Apple		V	\$1.00	
Fruit Muffin - Choc Banana	V	CM	\$1.50	
Popcorn - Sea Salt	V	GF	\$1.50	
Red Rock Deli Chips - Sea Salt		V	\$1.50	
Fresh Fruit Salad Cup	V	CM	\$2.00	
Yoghurt Pouch		V	\$2.00	
Vaalia Kids - Strawberry or Vanilla				
Chocolate Muffin	H	V	LF	\$2.50
Veggie Stick & Dip Cup			CM	\$2.50
Cucumber, Celery & Carrot with Hommus or Tzatziki or Tomato Veggie Sauce				
Cheese & Crackers Pack - Mainland		V	\$2.80	

HOT FOOD



Garlic Bread - 5" Roll	V	\$1.50	
Chicken Strip	H	\$1.50	
Chicken Strip x 3	GF	H	\$4.00
2 Minute Noodle Cup - Chicken	GF	H	\$2.00
Pizza Singles 5"		\$2.20	
McCain - Ham & Cheese			
Sausage Roll		\$3.00	
TUESDAY'S ONLY			
Beef Pies	LF	H	\$3.50
WEDNESDAY'S & FRIDAY'S ONLY			
Tomato or BBQ Sauce Squeezy		\$0.30	

- H HALAL
- CM CANTEEN MADE
- LF LOW FAT
- V VEGETARIAN
- GF GLUTEN FREE



ALL ORDERS MUST BE PLACED ONLINE BY 8.45 AM

ONLINE ORDERS:

www.munchmonitor.com.au












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DAILY LUNCHES	
MONDAY	
Beef Lasagne 	\$4.50
# <i>Gluten Free Pasta</i> 	\$1.00
Beef Nachos - topped with Grated Cheese & chopped Tomato 	\$4.50
TUESDAY	
Mac N Cheese  	\$4.50
# <i>Gluten Free Pasta</i>	\$1.00
Honey Soy Chicken & Rice	\$4.50
WEDNESDAY	
Pasta Napolitana - comes with Parmesan cheese  	\$4.00
Pasta Bolognaise - comes with Parmesan cheese	\$4.50
# NO Parmesan Cheese	\$0.00

DAILY LUNCHES 	
THURSDAY	
Beef Burger - Beef Pattie served with Lettuce, Tomato & Tomato Veggie Sauce 	\$5.50
Chicken Burger - Chicken breast Pattie with Lettuce & choice of Mayo or Tomato Veggie Sauce 	\$5.50
# OPTIONS FOR Burgers	
# Add Cheese	\$0.50
# NO Sauce	\$0.00
FRIDAY	
Butter Chicken & Rice	\$5.00

FROZEN OPTIONS	
<i>Only available over the counter</i>	
Berri Quelch Ice Blocks Orange, Mango, Pineapple & Tropical	\$0.50
Juicies Orange, Lemonade, Wild Berry & Tropical	\$1.50
Vanilla Ice Cream Cup Bulla 98% Fat Free	\$1.50
Licks on a Stick Mango Delish or Berry Buzz	\$2.00



BIRTHDAY BUCKETS 	
25 Berri Quelch Ice Blocks per bucket Years K-2	\$15.00
30 Berri Quelch Ice Blocks per bucket Years 3-6	\$18.00

DRINKS	
Water - 600ml	\$1.50
Plain Milk - 300ml	\$1.60
Up n Go - Vanilla or Chocolate	\$2.50
Oak Chocolate Milk - 300ml	\$2.50
Apple Juice	\$2.60
Orange Juice	\$2.60
Glee - Sparkling Fruit Juice Sour Watermelon, Tropical Treat & Rockin Raspberry	\$2.80

BAGS & HATS	
School Back Pack - Brand New	\$50.00
School Cap - Brand New	\$20.00

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