



NOTE: PRICES & ITEMS CAN CHANGE AT ANYTIME

CANTEEN 2024 MENU



ALL ITEMS AVAILABLE EVERYDAY UNLESS STATED

FRESH SANDWICHES		CM
Vegemite	V	\$3.00
Cheese	V	\$3.50
Ham		\$4.50
Ham & Cheese		\$5.00
Ham, Cheese & Tomato		\$5.50
Egg & Lettuce	V	\$4.50
Tuna		\$4.50
Salad - lettuce, carrot, cucumber & tomato		\$4.50
Cheese & Tomato	V	\$4.00
Cheese & Salad	V	\$4.50
# OPTIONS FOR Sandwiches	V	
# Add Tomato		\$0.50
# Add Cucumber		\$0.50
# No Butter		\$0.00
# Toasted		\$0.50
# Wrap		\$1.00
# Gluten Free Bread or Wrap	GF	\$1.60

BEACH BOX'S & SALADS		CM
Beach Box		
Choice of - Chicken (C), Ham (H) or Tuna (T)		C - \$8.50 H - \$7.50 T - \$6.50
Half flat bread, cheese, cucumber, carrot, Lettuce, cherry tomatoes & slice of cheese		
Greek Salad		\$6.50
Lettuce, cucumber, cherry tomato's & fetta cheese & salad dressing squeezezy		
Caesar Salad		\$6.50
Lettuce, bacon bits, hard boiled egg & sprinkle of parmesan cheese & salad dressing squeezezy		
# OPTIONS FOR Beach Boxes		
# Add Hommus, Tzatziki or Tomato Veggie Sauce		\$1.00
# Gluten Free Wrap Beach Box	GF	\$1.60

COLD SNACKS		
Anzac Biscuits	V CM	\$1.00
Fresh Piece of Fruit - Seasonal	V CM	\$1.50
Google Egg - Hard boiled egg	V CM	\$1.50
Slinky Apple	V	\$1.50
Banana Muffin	V CM	\$2.00
Popcorn - Sea Salt	V GF	\$2.00
Red Rock Deli Chips - Sea Salt		\$2.00
Watermelon Cup	V CM	\$2.50
Fresh Fruit Salad Cup	V CM	\$2.50
Yoghurt Pouch (Squish Vanilla or Strawberry)	V	\$2.00
Chocolate Muffin	V H LF	\$3.00
Veggie Stick & Dip Cup Cucumber, Celery & Carrot with Hommus or Tzatziki or Tomato Veggie Sauce	CM V	\$3.00
Cheese & Crackers Pack - Mainland	V	\$3.00

HOT FOOD	
Garlic Bread - 5" Roll	\$2.50
Chicken Strip (Mon, Wed and Fri only)	H \$2.00
Chicken Strip x3 (Mon, Wed & Fri only)	H \$6.00
Pizza Singles 5" (Tues & Thurs only) McCain - Ham & Cheese	\$3.00
2-minute Noodles (Tues and Thurs only)	\$2.50
Tomato or BBQ Sauce Squeezezy	\$0.40

RAMSGATE BENTO BOX	
Ham & Cheese Sandwich, Yoghurt Pouch & Fresh Fruit Cup	\$8.50
# Gluten Free Bread	\$1.60

- 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 Nachos - topped with Grated Cheese & chopped Tomato H GF CM	\$6.50
Bean Nachos - topped with Grated Cheese & chopped Tomato V CM GF	\$6.50
TUESDAY	
Chicken Burrito - topped with Grated Cheese & chopped Tomato CM	\$6.50
Beef Lasagna	\$6.00
WEDNESDAY	
Pasta Bolognese CM	\$6.00
Pasta Napolitana V CM	\$5.50
THURSDAY	
Beef Burger - Beef Pattie served with Lettuce, Tomato & Tomato Veggie Sauce H	\$6.50
Chicken Burger - Chicken breast Pattie with Lettuce & choice of Mayo or Tomato Veggie Sauce H	\$6.00
# OPTIONS FOR Burgers	
# Add Cheese	\$0.50
# NO Sauce	\$0.00
FRIDAY	
Mac & Cheese	\$6.00

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BIRTHDAY BUCKETS	
25 Berri Quelch Ice Blocks per bucket Years K-2	\$20.00
30 Berri Quelch Ice Blocks per bucket Years 3-6	\$24.00

ONLINE ORDERS PLACE BY 8.45 AM

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DRINKS	
Water - 600ml	\$2.00
Plain Milk - 300ml	\$2.00
Up n Go - Vanilla or Chocolate	\$3.00
Oak Chocolate Milk - 300ml	\$3.00
Apple Juice	\$2.80
Orange Juice	\$2.80
Glee - Sparkling Fruit Juice Sour Watermelon, Tropical Treat & Rockin Raspberry	\$3.20

FROZEN OPTIONS	
Berri Quelch Ice Block Orange, Mango, Pineapple & Tropical	\$1.00
Juicies (Flavours subject to availability) Orange, Lemonade, Wild Berry & Tropical	\$2.00
Vanilla Ice Cream Cup Bulla 98% Fat Free	\$2.00
Twisted Frozen Yogurt	\$2.50

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