

# Manifold Heights P.S Canteen Menu

Current as at 24/08/2015



## Fresh and Healthy Choices

Vegemite Sandwich	\$2.50
Cheese Sandwich	\$2.50
Ham Sandwich	\$2.50
Egg & Lettuce Sandwich	\$3.00
Salad (no meat) Sandwich	\$3.60
Chicken Salad Sandwich	\$4.20
Ham Salad Sandwich	\$4.20
Egg Salad Sandwich	\$4.20
Salad tub (term 1 & 4)	\$4.00
Chicken/Ham/Egg Salad Tub	\$4.40

## Rolls or Wraps extra 50c

## "Snackadoodles"

### Homemade muffins

Cocoa & Raspberry, Apple & Cinnamon	\$1.50
Veggie Cracker OR JJ Snacks	\$1.50
Thins Popped	\$2.00
Red Rock Deli chips	\$1.50
Popcorn OR Jelly	\$1.00
Vanilla Custard	\$2.00
Fresh Fruit	\$1.20
Fruit & Veg Cup	\$1.50
M.ICE cream	\$1.50

## Yummy Warm Food

Pasta Bake – Vegetarian OR Carbonara	\$3.00
Dim Sims	\$1.00
Sausage Rolls	\$3.00
Homemade Pizza. Vego, Hawaiian, BBQ chicken	\$3.00
<u>Mad Mexican Chicken Wrap Toasted</u> (Chicken strips, lettuce, cheese & sweet chilli sauce)	\$4.50
<u>Toasted Sandwiches. -</u>	
✓ Cheese OR Ham	\$2.50
Ham & Cheese	\$3.20
✓ Ham, Cheese & Pineapple	\$3.60
✓ Chicken & Cheese	\$3.50
Fried Rice	\$4.00
Mac and Cheese	\$4.00
Nachos	\$4.50
Chicken Burger (Chicken Burger, lettuce, cheese & mayo)	\$4.50



## Thirst Quenchers

Lemonade Icy Twist	\$1.00		Just Juice. Apple, Apple & B/Currant, Orange	\$2.00
Paddle Pop	\$1.50		Slush Puppies	\$2.00
Water	\$1.00		Milk. Strawberry and Chocolate	\$2.00
			Hot Milo (Recess only)	\$1.00

## Fridays ONLY

Chicken Wedges	\$1.00		Party Pies	\$1.50
Dino Wrap (Cheese, Lettuce & mayo)	\$4.50		Hulk Dog	\$3.00
Traveller Meat Pie	\$4.00			

### CANTEEN OPERATES TUESDAY, THURSDAY and FRIDAY

Please place the correct money in a brown paper bag. No sticky tape or staples. Write the child's name & class on top of the bag

\*\*Please note, Brown paper bags, extra cutlery, sauce and cups are 20c extra \*\*