

MURRUMBURRAH PUBLIC SCHOOL P&C CANTEEN PRICE LIST

TERM 3 2009

LUNCH ORDERS

For sandwiches, wraps and rolls select bread type, fillings, select extras and calculate total.

BREAD

☉ Sandwich White Bread (25% wholemeal flour) V	\$0.50
☉ Sandwich wholemeal bread (100% wholemeal flour) V	\$0.50
☉ Roll White V	\$0.80
☉ Tortilla Wrap V	\$0.80

FILLINGS

☉ Chicken DF	\$1.00
☉ Ham DF	\$1.00
☉ Cheese GF, V	\$0.60
☉ Egg GF, DF, V	\$0.40
☉ Lettuce GF, DF, V	\$0.20
☉ Tomato GF, DF, V	\$0.20
☉ Beetroot GF, DF, V	\$0.20
☉ Carrot GF, DF, V	\$0.10
☉ Vegemite DF, V	\$0.10
☉ Banana GF, DF, V	\$0.50
☉ Pineapple DF, V	\$0.20
☉ Cucumber DF, V	\$0.20

EXTRAS

Mayonnaise V	\$0.20
Tomato Sauce DF, V	\$0.20
Barbecue Sauce DF, V	\$0.20
Lunch Bag	\$0.05

DRINKS

☉ Bottled Water GF, DF, V	\$1.00
☉ Fruit box GF, DF, V	\$1.10
(Apple, Orange, Apple/Blackcurrant)	
☉ Pop Top juice GF, DF, V	\$1.30
(Orange, Apple/Blackcurrant, Apple)	
☉ Milk V	\$1.30
(Choc, Strawberry or Vanilla)	

HOT FOODS

☉ Mouse House V	\$0.80
(dinner roll with melted cheese)	
☉ Pizza Rolls	\$1.20
(roll with Ham and Cheese pizza sauce)	
☉ Saucy Spirals Tri-coloured pasta	\$1.80
with bolognaise sauce and cheese	
☉ Sausage Roll with sauce	\$2.20
☉ Chicken Chippees 5 for	\$1.00
☉ Corn on the Cob V, DF, GF	\$0.60
☉ Party Pie	\$1.00
☉ Chicken and corn roll	\$2.50
with chicken and corn pattie, lettuce, mayo on long bun	
☉ Pie with sauce	\$2.50
☉ Macaroni cheese	\$2.50
☉ Spaghetti Bolognaise	\$3.00

SALADS

☉ Chicken in a Garden	\$2.20
Chicken lettuce egg tomato and carrot	
☉ Tropical Tornado	\$2.20
Ham Cheese Lettuce and Pineapple	
☉ Veggie Garden Salad	\$2.20
Lettuce Tomato Carrot Egg and Cheese	
☉ Zuchinni Slice and salad	\$2.50
Slice lettuce tomato carrot and cheese	

SNACK FOODS

☉ Hard boiled egg	\$0.40
☉ Mouse House	\$0.80
☉ Corn on the cob	\$0.60
☉ Traffic Lights (Fruit on a stick)	\$0.20
☉ Jelly Cups	\$0.50
☉ Honey soy chicken chips	\$1.00
☉ Fairy Bread	\$0.10
☉ Savoury Shapes	\$0.05
☉ Ovaltines	\$0.70
☉ Mini Puddings	\$0.15
☉ JJ's	\$0.70
☉ JJ's Noodles	\$0.50

(shapes are sold individually flavours may vary)

PLEASE NOTE

No snack foods are to be ordered on lunch bags

Frozen Foods are not to be ordered on lunch bags

Lunch bags require child's name, class and amount enclosed.

GF =...gluten free

DF =...dairy free

V .. =...vegetarian

☉ = indicates the amber category to be eaten in moderation

☉ =...indicates the green category which is most healthy.

These indicators are required to comply with the Healthy Foods canteen regulations.

**PLEASE NOTE CANTEEN OPERATES MONDAY AND WEDNESDAY OF EACH WEEK
THE CANTEEN WILL BE CLOSED THE LAST WEEK OF TERM**