

# MCS Canteen Menu

## Snacks

Homemade - Low fat Banana Bread	\$1.50
Custard Cups	\$1.50
Flavoured Yoghurt - GF	\$2.50
Bag of tomato, cheese, carrot sticks and rice crackers.	\$2.00
Fruit	\$1.00
Fruit snacks – Peaches in Juice	\$1.50
Chips – Sea salt and Grain waves only	\$1.20
Frozen Yoghurt	\$2.50
Quelch Sticks	\$0.70
Milo Energy Bar	\$1.50
Popcorn - GF	\$1.00

## Sandwiches

Gluten Free bread available on request	
Cheese *	\$2.50
Chicken	\$3.00
Chicken, lettuce, mayo	\$3.50
Chicken salad	\$4.50
Egg, lettuce and mayo	\$3.50
Ham, cheese, tomato *	\$3.50
Ham salad	\$4.50
Salad	\$4.00
Or any other combination on request.	
* Toasted option available.	\$0.30

## Salads

<b>Greek Salad</b> - Chicken, lettuce, cucumber, fetta cheese, olives, cherry tomatoes, Greek Dressing	\$6.00
<b>Chicken Caesar Salad</b> – Chicken, Boiled Egg, Lettuce, Tomato, Ham pieces, Shaved parmesan, Bread croutons, Caesar dressing	\$6.00
<b>Salad Box</b> - Chicken/Ham (diced), Lettuce, Tomato, Beetroot, Grated cheese, Carrot, Cucumber, Mayonnaise	\$6.00

<b>Monday</b> – Homemade Fried Rice	\$4.00
<b>Tuesday</b> – Beef/Chicken Burger – Beef pattie/chicken fillet, lettuce, tomato, beetroot, cheese, mayonnaise/sauce	\$6.00
<b>Wednesday</b> – Chicken Caesar Wrap	\$6.00

## Price

## Wraps

Chicken, cheese and mayonnaise – Hot	\$3.50
Chicken, cheese, lettuce and mayonnaise – Cold	\$3.50
Chicken Caesar Wrap, chicken, lettuce, tomato, parmesan cheese, ham, Caesar dressing	\$6.00
Cheese Wrap	-
	\$2.50
<b>Hot Food</b>	
Traveller Pie	\$3.60
Sausage Roll	\$3.00
Lasagne	\$3.70
Noodle Cup	\$2.50
Corn on the cob	\$0.80
Chicken Nuggets x6	\$4.00
Homemade - Potato topped shepherd's pie	\$3.50
Pizza Pocket – Pita bread, salsa, cheese and diced ham.	\$3.00
Tomato Sauce	\$0.40
Mexican Burritto	\$3.50

## Price

## Drinks

Up n Go	\$2.50
Water – H2Go – 600ml	\$2.00
Just Juice	\$1.50
Juice Bomb	\$2.50
Orchy	\$2.50
Flavoured Milk – 250mL (Primary)	\$2.50
Flavoured Milk – 500 mL (Secondary)	\$3.50
** Hot Milo available for Winter	\$1.50

**Please call the canteen to discuss Gluten Free options – 63669009**

**Daily specials to be ordered by Recess please.**

## Daily Specials

<b>Thursday</b> – Rice Paper Rolls	\$3.00
<b>Friday</b> –	