

# McDonald Park School CANTEEN PRICES - 2018

The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DECD 'Right Bite' Healthy Eating Guide for schools and preschools and 'The Australian Dietary Guidelines for Children and Adolescents'. Please write your **CHILD'S NAME** and **ROOM NUMBER** on a large paper lunch bag. Lunch bags are available from the canteen, 10 for 50 cents or alternatively from Coles or Woolworths. Plastic forks and spoons required for foods brought from home will be 5 cents each. Foods brought from home will **NOT** be reheated in the canteen due to health regulations. Any price changes or new items will be notified in the fortnightly newsletter. Late lunch orders will be accepted, however they will be given what is available and if there is insufficient money in the bag the order will be reduced.

**THERE IS NO CREDIT AVAILABLE FROM THE CANTEEN**

<b>SANDWICHES / ROLLS / WRAPS</b>		
<b>White / Wholemeal</b>	<b>Sandwich</b>	<b>Wrap/Roll</b>
Vegetemite	\$2.00	\$2.30
Cheese	\$2.50	\$3.00
Egg	\$3.00	\$3.00
Ham	\$3.00	\$3.00
Tuna	\$3.50	\$4.00
Chicken	\$3.50	\$4.00
Salad only (lettuce, carrot, tomato, cucumber)	\$3.50	\$4.00
Ham salad	\$4.00	\$4.50
Tuna salad	\$4.50	\$5.00
Chicken salad	\$4.50	\$5.00
<b>Extra filling - add \$0.50 - cheese add \$0.50</b>		
<b>Extra fillings:</b> carrot, cucumber, lettuce, tomato, beetroot		
<b>Mayo, tomato, sweet chilli - add \$0.20</b>		

<b>SALADS</b>		
<b>Super salad bowl:</b>	lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot	\$5.00
<b>Mini salad bowl:</b>	lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot	\$3.00
- add ham, tuna, sweet chilli chicken tender		\$1.00
Noodle salad	small tub	\$2.50
	large tub	\$3.50

<b>THIRST BUSTERS</b>	
Bottle of water	\$2.00
Nippy's flavoured milk 250ml choc, strawberry, honeycomb	\$3.00
Nippy's pure fruit juice 250ml apple, orange, apple/blackcurrant	\$2.50
Pop Top flavoured milks chocolate, strawberry	\$3.00
Sanitarium Up and Go - chocolate	\$3.00

<b>NICE &amp; ICY - lunch time counter sales only</b>	
Frozen juice cups	\$1.50
Paddle Pops	\$2.00
Vanilla ice cream dandy cup	\$1.50
Fruit juice slushy	\$2.00
Mini Callipo	\$1.50

<b>HOT SUB BAR</b>	
Garlic bread plain - add \$0.50 cheese	\$2.50
Garlic bread topped with salsa, ham, cheese	\$4.50
Crumbed chicken with lettuce and mayo	\$4.50
Sweet chilli chicken with lettuce and mayo	\$4.50

<b>HOME MADE PIZZA BAR</b>	
Hawaiian - ham, cheese, pineapple	\$3.50
BBQ chicken - bbq sauce, chicken, cheese	\$3.50

<b>HOT PACKS</b>	
Macaroni cheese	\$4.50
Lasagne	\$4.50
Spaghetti bolognese	\$4.50
Wedges with sweet chilli and sour cream	\$4.00
Nachos with salsa, cheese and sour cream	\$4.00
Steamed dim sim	\$1.00
- soy sauce	\$0.20
Hot chicken and gravy roll	\$4.50

<b>BURGERS all served in a white buttered roll</b>	
Add salad	\$0.50
Cheese burger - beef, cheese, sauce	\$4.50
Chicken burger - crumbed chicken, lettuce, mayo	\$4.50
Flame grilled burger - spicy grilled chicken, lettuce, mayo	\$4.50

<b>LUNCH PACKS</b>		
<i>Fire eater, Jurassic, veggie slice packs include noodle salad, carrot sticks, celery, cucumber</i>		
<b>Jurassic:</b>	3 dino nuggets	\$4.00
	6 dino nuggets	\$5.00
<b>Veggie slice</b>	Zucchini, bacon and carrot	\$5.00
<i>Pirate and gluten free nugget packs contain the salad but do not have the noodle salad in them</i>		
<b>Pirate:</b>	1 piece of fish and wedges	\$4.00
	2 pieces of fish and wedges	\$5.00
<b>Gluten free nuggets:</b>	3 nuggets	\$4.00
	6 nuggets	\$5.00

<b>DAILY SPECIALS</b>	
<b>THURSDAY ONLY</b>	
Hot dog in white roll	\$3.50
- cheese	\$0.50
- bbq, sweet chilli, tomato sauce, mustard	\$0.20
<b>THURSDAY MEAL DEAL</b>	
Hot dog, Oak milk, cookie	\$7.00
<b>FRIDAY ONLY</b>	
Pie	\$4.00
Pasty	\$4.00
Sausage roll	\$3.50
Party pie / party sausage roll	\$1.20
- sauce	\$0.20
<b>FRIDAY MEAL DEAL</b>	
Pie / pasty and Nippy's juice	\$6.00
Sausage roll and Nippy's juice	\$5.50
2 party pies and Nippy's juice	\$4.50
2 party sausage rolls and Nippy's juice	\$4.50

<b>SNACK TIME</b>	
Seasonal fruit	\$1.50
Go Gurt yoghurt tube	\$1.50
Popcorn	\$0.50
JJ Veggie chips burger/chicken, honey soy	\$1.50
Assorted fruit muffins	\$1.00
Chocolate chip cookie	\$1.00
Bag rice crackers	\$0.50
Nutri Grain cereal	\$0.50
Milo cereal	\$0.50