



## Munchy Hut Canteen Menu - Term 4, 2020

The canteen is open on Wednesday and Friday only.

### LUNCH AND RECESS ORDERS - Lunch orders delivered, recess orders to be collected from canteen.

#### SANDWICHES - Available TOASTED or FRESH or GLUTEN FREE

Vegemite (G)	\$2.50	Ham, Cheese, Tomato (G)	\$3.50
Cheese (G)	\$3.00	Ham, Cheese, Pineapple (G)	\$3.50
Cheese & Vegemite (G)	\$3.00	Chicken & Mayo (G)	\$4.00
Ham (G)	\$3.00	Chicken & Cheese (G)	\$4.00
Ham & Cheese (G)	\$3.50	Chicken, Cheese, Mayo (G)	\$4.00

#### COLD MEALS

<b>Salad Sandwich or Wrap (G)</b>		<b>Frittata (Gluten free option available on request)</b>	
Lettuce, tomato, carrot, cucumber, celery (G)	\$5.00	Ham and Veg Frittata (G)	\$3.50
Mayo included on request		with Salad (G)	\$5.00
Add Ham, Chicken, Tuna, Egg, Cheese (G)	\$0.50	Vegetable Frittata (G)	\$3.50
		with Salad (G)	\$5.00
<b>Salad Tub (G)</b>		<b>Sushi (Gluten Free)</b>	
Lettuce, tomato, carrot, cucumber, celery (G)	\$5.00	Vegetarian (carrot, cucumber, capsicum, spinach)	\$5.00
French dressing or Mayo included on request		Teriyaki Chicken (with carrot and cucumber)	\$5.00
Add Ham, Chicken, Tuna, Egg, Cheese (G)	\$0.50	Tuna (with mayo and cucumber)	\$5.00

#### HOT MEALS

<b>Tortilla Boats (G)</b>		<b>Miscellaneous</b>	
Mild Mexican Mince, Salad and Cheese	\$3.00	Meatball Sub (G)	\$5.00
Crispy Chicken, Salad, Cheese, Sweet Chilli Sauce	\$3.00	Mrs Macs Beef Pie (A)	\$4.50
Salad (with cheese on request)	\$2.50	Mrs Macs Sausage Roll (A)	\$3.70
		Party Pie (A)	\$1.30
<b>Meal Deals - with sauce, salad, fruit, water (G)</b>		Chicken Nuggets (max serve of 5) (A)	\$0.60
Chicken Nuggets (4) (G)	\$5.00	Fish Fingers (max serve of 5) (A)	\$0.60
Fish Fingers (4) (G)	\$5.00		
Party Pies (2) (G)	\$5.00	Sauce	\$0.30

#### DRINKS - Add to an order or purchase from the window

Cup of Milk (G)	\$1.00	Water (G)	\$1.20
Sipahh straw (with milk) (G)	\$1.20	Fruit Juice (A)	\$2.20
Warm Milo (G)	\$1.20	Flavoured Milk (G)	\$2.50

#### SNACKS - Add to an order or purchase from the window

Fruit (G)	\$0.50	Custard (A)	\$1.00
Fruit Rocket (G)	\$0.50	Apple Crumble (A)	\$1.00
Chocolate Crackle Cookie (A)	\$0.40	Spaghetti Toast (G)	\$1.00
Watermelon / Rockmelon Freezy (G)	\$0.50	Pizza Slice (Cheese & Bacon or Vegetarian) (G)	\$1.00
Frozen Yoghurt (G)/ Yogo Bites (A)	\$0.50		
Frozen Grapes (G)	\$1.00	<b>LUNCH ONLY</b>	
Frozen Mandarin Segments (G)	\$1.00	Icy poles (A)	\$0.80
Apple Slinky (G)	\$1.00	Paddlepops (A)	\$1.80

G = Green or Healthy Choice Items

A = Amber or Less Healthy Choice Items

Volunteers are always welcome. Contact [kwdhspandccanteen@gmail.com](mailto:kwdhspandccanteen@gmail.com) or 0457 344 922.