

## KWDHS P&C Munchy Hut Canteen Menu for Term 4, 2021

The canteen is open on Wednesday and Friday only.

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

\$3.00	● Vegemite	● Cheese	● Cheese & Vegemite
\$3.50	● Ham & Cheese	● Ham, Cheese, Tomato	● Ham, Cheese, Pine
\$4.00	● Chicken & Mayo	● Chicken & Cheese	● Chicken, Cheese & Mayo
	● Egg Salad	● Curried Egg Salad	

### SALADS

Choose SANDWICH, WRAP OR BOWL with either ● French Dressing ● Mayo ● No dressing

\$5.00	● Salad (lettuce, carrot, cucumber, celery, tomato)		
\$6.00	● Ham Salad	● Chicken Salad	● Tuna Salad

Choose WRAP or BOWL - Comes with zesty lime dressing - GLUTEN FREE

\$5.00	● Rainbow Coleslaw	\$6.00	● Coleslaw with Crunchy chicken strips
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Comes in a BOWL

\$5.00	● Sushi Salad - Vegetable	\$5.00	● Sushi Salad - Teriyaki Chicken
\$5.00	● Thai Noodle Salad	\$6.00	● Thai Noodle Salad with Chicken or Tuna

VEGIE PLATTER with either ● Creamed Corn Dip ● Tomato Sauce ● No dip

\$4.50	● Vegie sticks with dip and crackers (Carrot, celery, cucumber, capsicum, peas)		
\$6.00	● Beef Meatballs & Vegie Platter	● Crunchy Chicken & Vegie Platter	

### HOT FOOD

\$0.60	● Chicken Nuggets	● Gluten Free Nuggets	● Fish Fingers
** Nuggets and Fish Fingers come in a maximum serve of 5.			
\$1.20	● Cheese & Bacon Pizza	● Vegan Margherita Pizza	● Spaghetti Toast
\$1.30	● Party Pie	● Mini Vegan Roll	
\$3.70	● Mrs Macs Sausage Roll		
\$4.50	● Mrs Macs Beef Pie		
\$0.30	● Tomato Sauce	● BBQ Sauce	
\$5.50	● Vegetarian Quesadillas	● Vegan Quesadillas	
\$5.50	● Chicken Quesadillas	● Spicy Chicken Quesadillas	

Make it a full meal, and a healthier choice, by adding on a meal deal.

\$2.50	● Deal 1 : Water, Mini Salad, Fruit		
\$3.50	● Deal 2 : Flavoured Milk, Mini Salad, Fruit		

### FRUIT

\$0.50	Piece of fruit	\$1.20	Peach Parfait	\$1.00	Frozen Grapes
\$1.00	Fruit Salad	\$1.20	Berry Parfait	\$1.00	Frozen Melon Balls

### SWEET TREATS

\$0.50	Frozen Yogo Bites	\$0.50	Frozen Strawberry Bites	\$0.50	Frozen Vanilla Bites
\$0.50	Cookies	\$1.00	Custard		
\$0.80	Icy Pole - <b>lunch only</b>	\$1.80	Paddle Pop - <b>lunch only</b>		

### DRINKS

\$1.20	Cup of Milk	\$1.50	Sipahh Straw & Milk	\$1.50	Cold Milo
\$1.50	Bottle of Water	\$2.20	Fruit Juice	\$2.50	Flavoured Milk

Traffic Light Food Rating : Green = Healthy Choice, Amber = Less Nutritional Value, Red = Off the Menu  
Food allergies and intolerances can be catered for, please get in touch.

Volunteers are always welcome in the canteen, short or long shifts, regular or one-off's. Please get in touch.  
Contact [kwdhspandccanteen@gmail.com](mailto:kwdhspandccanteen@gmail.com) or via facebook at KWDHS P&C.