

Point Clare Public School Canteen Menu 2017

Open **EVERYDAY**

We are P&C run and need volunteers to keep us open- please join our volunteer team ☺

Email: canteen@pointclarepandc.com

PLEASE ORDER LUNCHES ONLINE

www.munchmonitor.com

to login set up an account - username: pointclare

password: munch2250

We need you to order online as it is a huge help to the Canteen- ordering online saves hours each day.



The canteen sub-committee follows the Fresh tastes @ School Healthy School Canteen Strategy in making our menu choices. More info on this can be found at www.healthy-kids.com.au. All **Green items** have been highlighted in this menu with a 'G' to assist you in making your selection.

Recess Items: only these items are available at recess

G	Pikelets (canteen made DAIRY FREE)	\$0.20	G	Piece of fruit (seasonal)	\$0.50
G	Toasties (canteen made) ham & cheese, ham & cheese & Pineapple, spinach & cheese	\$0.50	G	Fruit Salad cup (seasonal)	\$1.00
G	Half Toastie	\$0.50	G	Vege stick cup (seasonal)	\$1.00
G	Whole Toastie	\$1.00	G	Plain Yogurt cup	\$1.00
G	Popcorn bag (canteen made)	\$0.50	G	Yogurt cup with Berry & Muesli top	\$1.50
G	Raisin toast	\$1.00	G	Mini Muffin (canteen made, various fruit flavours)	\$0.50
			A	SNAPS chips (gluten free) Smokey bbq, tangy salsa, oregano & thyme	\$1.50

Drinks: available all day

G	Norco Plain Milk 300ml	\$1.50	G	Hot Chocolate	\$3.00
G	Moove Milk 300ml Choc, strawberry	\$2.00	A	Berri Juice 250ml Apple, Orange	\$2.00
G	Water 600ml	\$1.50	A	Glee 250ml Blackcurrant, Grape, Strawberry, Berry	\$2.00

Frozen: available all day

G	Mini ice pops (canteen made) 99% Juice or reduced fat milk	\$0.20	A	Juicies Sachet 100ml 99% fruit juice product Apple fruit juice, Wildberry, Tropical	\$0.80
A	Icy Cup (canteen made) 99% Juice or reduced fat milk	\$1.00	A	Juicies Tube 100ml 99% fruit juice product Orange, Tropical, Wildberry, Lemon	\$1.20
A	Smooze frozen ices 69g Pineapple & coconut, guava & coconut, mango & coconut, simply coconut	\$1.00	A	Slushie Cup 200ml 99% fruit juice product Slushie flavours will rotate throughout the term	\$2.00



Online Lunch Orders cut off is 9 am

If you don't have online access orders should be written on a brown paper bag, including child's name and class and dropped to the Canteen by 9am.

Lunch Items: these items are for lunch order only

(GF) Indicates Gluten Free meals, _Recess items can be purchased at lunch over the counter until sold out.

Sandwiches or Wraps:

Sandwiches			Wraps		
A	Vegemite	\$1.50	G	Tuna Mayo	\$3.00
G	Cheese	\$1.50	G	Tuna Mayo with lettuce & cucumber	\$3.50
G	Baked Beans	\$2.00	G	Salad: lettuce, tomato, cucumber, carrot, beetroot	\$3.00
G	Ham & cheese	\$3.00	G	Cheese, lettuce & tomato	\$3.00
G	Ham, cheese & tomato	\$3.50	G	Ham, cheese, tomato, lettuce	\$3.50
G	Chicken, lettuce, mayonnaise	\$3.50	G	Chicken, lettuce, mayonnaise	\$3.50
G	Salad BOX lettuce, cherry tomatoes, cucumber, carrot, beetroot, capsicum		\$3.50	ADD CHICKEN or HAM or EGG for \$1.00 each	

Daily Specials: CANTEEN MADE MEALS

Monday	G	Beef Burrito \$3.50 beef mince, fresh salsa, lettuce, cheese, and black beans	Chicken Burrito \$3.50 chicken, fresh salsa, lettuce, cheese, and black beans	Vege Burrito \$3.50 Mexican bean mix, salsa, cheese, lettuce
		Burrito Box (GF) any burrito option contents in a box instead of a wrap \$4.00		
Tuesday	G	Sushi \$3.00 each or 2 for \$5.00	<ul style="list-style-type: none"> Tuna Tuna & Corn Carrot, capsicum, cucumber Chicken teriyaki & lettuce Salmon & cucumber 	Fish shaped soy sauce 20c
Wednesday	G	Pizza- Hawaiian \$3.50	Pizza - Mexican Beef \$3.50	
		Pizza – Vegetarian \$3.50	Pizza- Cheese \$3.00	
Thursday	G	Bolognese Pasta topped with cheese \$3.50	Fried Rice – Traditional \$4.00	
		Bolognese Pasta (GF) topped with cheese \$4.00	Fried Rice – Vegetarian \$3.50	
Friday	G	Beef burger \$4.00 canteen made beef pattie, cheese, lettuce, tomato, beetroot, tomato sauce	Lentil burger \$4.00 lettuce, tomato, tomato sauce * Lentil pattie Sanitarium	Chicken burger \$4.00 chicken pattie, lettuce, mayo * chicken pattie Steggles
		Burger Box (Gluten Free Option) any burger option contents in a box instead of a bun \$4.50		

Hot Items available everyday: add sauce for 30c (tomato or bbq)

G	Potato Bake (GF) Canteen made- vegetarian	\$3.00	A	Spinach & Ricotta Roll Thompson's 90g	\$2.50
G	Macaroni Cheese (canteen made) GLUTEN FREE VERSION	\$3.00 \$3.50	A	Lean Mini Beef Pie Thompsons 90g	\$2.00
A	Chicken nuggets (GF) 3 nuggets Steggles	\$2.00	A	Lean Beef Pie Thompsons 175g	\$3.50
A	Chicken nuggets (GF) 6 nuggets Steggles	\$4.00	A	Lean Beef & Potato Pie Thompsons 175g	\$3.50
A	Lean half Sausage roll Thompsons 65g	\$1.50	A	Chickadee Pizza Roundas Inghams 130g	\$4.00
A	Lean Sausage roll Thompsons 130g	\$2.50			

