

# M.A.P.S. CANTEEN MENU - Prices current from Term 4, 2016



## Sandwiches

Wholegrain or White Bread

Vegemite	\$2.00
Cheese	\$2.50
Baked Beans / Spaghetti	\$2.50
Egg	\$3.00
Ham	\$3.00
Chicken	\$3.00
Salad	\$3.50
Ham and Salad	\$4.00
Chicken and Salad	\$4.00
Salad Bowl with Egg	\$4.00
Salad Bowl with Chicken or Ham	\$4.50
Extra fillings / each	50c
Rolls - Wholegrain or White	50c
Toasted	50c

## Hot Food



Hot Chicken and Cheese Roll	\$3.50
Hot Chicken / Cheese and Tomato Roll	\$4.00
Plain Chicken Burger	\$3.50
Chicken Burger with Lettuce and Mayo	\$4.00
Chicken Burger with Salad	\$4.50
Lasagne	\$4.00
Slams / chicken	\$3.50
Lite Sausage Roll (low fat)	\$3.00
Lite Meat Pie (low fat)	\$3.50
Pizza Single - CB or HP	\$3.00
Kepel Dog	\$3.00
Hot Dog (low fat) / Sauce	\$3.00
Chicken Breast Nugget	\$0.50

<b>Extras:</b> Tomato Sauce	.20c
Spoons	.10c



## Wraps

Chicken / Lettuce and Mayo	\$3.50
Chicken Tender / Lettuce and Mayo	\$3.50
Salad	\$4.00
Ham and Salad	\$4.50
Chicken and Salad	\$4.50
Tuna and Salad	\$4.50

## Drinks



Water 600ml	\$1.50
Lite Flavoured Milk 300ml	\$2.00
100% Juice - 200ml	\$1.50
(Apple, Orange, Apple/blackcurrant)	
100% Just Juice - 110ml (apple cup)	\$1.00
Plain Milk 150ml	\$1.50

Promoting and facilitating healthy and nutritious food. Open Wednesday to Friday 8.40am – 1.30pm.



## Recess Foods

Daily variations

Orange Pieces	25c
Pikelets - plain	25c
Garlic Bread	50c
Toasted Cheese (half)	\$1.00
Crumpet	\$1.00
Chicken Tender - Sweet Chilli	\$1.50
Chicken Chipee	50c
Mini Pizza	\$1.00
Corn Cobette	\$1.00
Sultanas	80c
Yoghurt Tub	\$1.20
Milo	\$1
Boiled Egg	50c
Fruit Bun	\$1
JJ's / Red Rock / Grain Waves	\$1.50
Hot Chocolate - available terms 2&3	\$2.00
Soup - available terms 2&3	\$1

## Refreshers

Available lunch times only



Water Ice-block	.50c
Cruncha	\$1.00
Frozen Juice Cup / Spoon	\$1.00
Mini Calipo	\$1.00
Icy Twist - lemonade	\$1.20
Bulla Light Ice-cream Cup	\$1.50
Paddle Pop - rainbow or chocolate	\$1.50
Slushie	\$2.00
Paddle Pop Thickshake	\$2.00

Fresh Fruit priced seasonally



**Please Note: Credit is NOT available.**  
Leonie Lees - Canteen Supervisor