

# Murrumbidgee Kids' Café

## Canteen Menu (Effective January 2017)

Closed Tuesdays

Enquiries canteen:

9568 1300

### Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll  
(Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber  
(20 cents each)

Add Avocado (50 cents)

State whether salt, pepper, mayo required  
(no extra charge)

### Fresh Sushi Rolls (White or Brown Rice)

Tuna & Mayonnaise	all	\$2.90
Chicken Teriyaki		
Smoked Salmon & Avocado (GF)		
Vegetarian (V & GF)		
Plain (V & GF)		
(Soy Sauce no extra charge)		

## SUSHI ONLY AVAILABLE TO ORDER ON FRIDAY

### ALLERGY ALERT.

Please note all sushi have sesame oil.

Unless specified in your order the tuna/salmon  
sushi will contain mayonnaise made with egg.

### Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.80

Crumbed Chicken Tenderloin with lettuce and your  
choice of sauce (BBQ, Sweet Chilli or Mayo)

### Toasted Focaccias:

Cheese	\$4.20
Cheese & Tomato	\$4.80
Ham & Cheese	\$4.80
Ham, Cheese & Tomato	\$5.20
Roast Chicken, Avocado & Cheese	\$5.50

### Vegetarian Options

Salad Box (lettuce, cheese, cucumber,  
tomato, carrot) (1<sup>st</sup> & 4<sup>th</sup> term only)

	\$5.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.20
Spinach & Ricotta Roll (hot)	\$4.50

Baked Potato with cheese	\$5.50
Or add your choice of:	

- corn
- tuna (not quite vegetarian)
- tuna & corn

### More Meaty Lunches for the very hungry...

#### Burgers (served on wholemeal roll):

Cheese Burger: <i>low fat beef pattie with 2 slices of cheese and sauce</i>	\$5.30
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Maxi Burger: <i>low fat beef pattie with lettuce, cheese, tomato &amp; sauce</i>	\$5.80
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Chicken Burger: <i>crumbed tenderloins with lettuce, cheese and mayo</i>	\$5.80
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Lasagne	\$5.00
Spaghetti Bolognese	\$5.00
Potato Topped Beef Pie	\$4.40
Party Pie	\$1.50
Party Sausage Roll	\$1.50
Sausage Roll (large)	\$3.50
Hot Dog	\$3.50
Pizza – Hawaiian	\$5.00
Pizza – BBQ Chicken	\$5.00
Chicken Nuggets (5) + dipping sauce	\$4.00
Chicken Strips (3) + dipping sauce	\$5.00
(dipping sauce: Tomato, BBQ, Sweet Chilli or Mayo)	

Tomato Sauce sachet

0.20

### Extra fillers: Scrolls / Muffins

Home Made Muffin:	
- Chocolate or Blueberry	\$2.50
Homemade ANZAC cookie	\$0.80

### Snacks to fill the gaps!

Popcorn	\$1.00
Mamee Noodle Snacks (Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Red Rock Chips (Honey Soy Chicken )	\$2.00
Raspberry Liquorice Strap- pack of 2	\$1.40
Ovalteenies	\$1.00
Gingerbread Kids	\$1.50

### Drinks:

Nippys Milk 250ml	
<i>*Chocolate, Strawberry or Honeycomb</i>	\$2.20
Milo (Hot or Cold)	\$2.20
100% Popper Tetra Juices – Apple, Orange, App/Blackcurrant	\$2.00
Focus Sportswater (350ml) - Fruit Tingle, Raspberry, Blackcurrant or Lemonade	\$2.50

### From the Freezer.....

Fruit Stick Icy pole	\$1.00
Moozie – Frozen Milk (Assorted flavours)	\$2.00
Frozen Yoghurt (Mango, Strawberry, Raspberry)	\$2.50

### Over the counter:

Snacks, drinks, fruit and freezer items listed earlier are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend.

Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items.

“Special” items such as hot soup, frozen Milos, and garlic bread will be available occasionally for purchase.

### THE FOLLOWING ITEMS ARE AVAILABLE OVER THE COUNTER ONLY – PLEASE DO NOT PUT ON LUNCH ORDERS

Jelly Cups	\$1.00
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#### Available in Terms 1 & 4 only

Slushies(99% real fruit juice)	Small	\$1.00
	Large	\$2.00

#### Available in Terms 2 & 3 Only

Garlic Bread	.80
Chicken Noodle Soup	\$1.50

### TIPS FROM THE CANTEEN TO MAKE LIFE EASIER.....

- Please LOOSELY wrap correct money (where possible) and place inside bag.
- REMIND your child to put their lunch order in the class basket
- NO sticky tape or staples in or on bags and **please don't wrap money in glad wrap!**
- Children who order frozen items must bring their bag to canteen window to collect. No need to queue, come straight to front at corner of window.  
**BAG MUST BE PRODUCED TO COLLECT ITEM.**
- **PAPER BAG (if not supplied with order) \$0.10**
- Canteen preferred lunch bags are available from canteen in packs of 50. These are large and strong enough to contain lunch orders!  
\$4.00
- Clean new bag must be supplied with each order - No used bags (Health Regulations)