

MOAMA ANGLICAN GRAMMAR CANTEEN MENU – TERM 1, 2019



Wraps, Rolls, Salad and more, we have plenty of food galore Fruit, Yoghurt and snacks to delight So many choices to help you eat right!

Fresh from the Salad Bar			Hot and Healthy Options continued	
Sand ^s Ham and Salad	wich Ro 5.00	lls &Wraps 5.50	Garden Salad Tub	6.00
Chicken and Salad	5.00	5.50	- with chicken, ham or tuna	
Tuna and Salad	5.00	5.50	Fruit Salad Tub Toasted sandwich	4.00
Chicken, Lettuce & Mayo	Mayo 4.50		- Cheese	3.50
Egg and Lettuce	4.50	5.00	- Ham and cheese	4.00
Ham	3.50	- Ham, cheese and tomato 4.00	4.50	
Ham and Cheese	4.00	4.50		
Cheese	2.50	3.00	Warmed Occasional Snacks	
Vegemite	2.00	2.50	Pie	4.00
Hot and Hoalthy Options			Sausage Roll	3.50
Hot and Healthy Options			Hot Dog	3.50
Oven Baked Chicken Schnitzel Roll - with gravy		5.00	Party Pie	1.00
- lettuce and mayo		5.00	Chicken Breast Nuggets (minimum of 3)	.70ea
- with salad		5.50	Tomato Sauce	.20
		5.50	Steamed Dim Sim (minimum of 2)	1.00ea
G			Healthy All Day Snacks	
Vegetable Burger		5.00	Chocolate Chip Muffin	1.50
 with lettuce and mayo Zinger Burger spicy chicken fillet with lettuce, cheese and bacon 			Fruit (Apples, Banana or Orange)	1.00
		6.00	Low Fat Chips	1.20
			Daily Slice	1.50
Cheeseburger - lean beef and cheese		5.00	lcy Treats	
Chicken Burger		5.00	Paddle Pops	1.50
- with lettuce and mayo		3.00	Callipo Mini	1.20
Meatball Sub		5.00	Icy Twist	1.20
- with tomato pasta sauce and cheese			•	
Warm Chicken Wrap - with baby spinach and mayo		5.50	Frozen Yoghurt	2.00
			Orange Cruncha	1.00
•		5.50	Zing	1.00
 with baby spinach, cheese, sweet chilli sauce and mayo 			Zooper Dooper	1.00
Warm Caesar Chicken Wrap - with baby spinach, cheese and bacon		5.50	Cold Drinks Low fat flavoured milk - Small	2.50
		con	Low fat flavoured milk - Large	3.50
Tandori Chicken Wrap		5.50	100% Juice - Small	2.00
- with spinach and tzatziki			100% Juice - Small	3.00
Honey Mustard Chicken Wrap 5.50 - with spinach and cucumber			Water	2.50
(Gluten Free (GF) options available upon request)			Pump Flavoured Water	4.00