

Murrumbeena Kids' Café

Spring into Summer Menu (Effective August 2013)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

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

Vegemite	\$2.50
Sliced Ham	\$3.50
Sliced Chicken	\$3.50
Tuna	\$4.00
Salad (Seasonal vegies)	\$3.50
Egg and Lettuce	\$4.40
Roast Chicken	\$4.50

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

Add Avocado (50 cents)

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

Extra fillers: Scrolls / Muffins

Cheese & Vegemite Scroll	\$2.10
Ham & Cheese Scroll	\$2.10
Home Made Muffin:	
- Chocolate or Blueberry	\$1.70
Homemade ANZAC cookie	\$0.80

Fruit of the day	\$1.00
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Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasabi 20 cents extra)		

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$4.50

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

Crumbed Fish Fillet with lettuce and your choice of
Tartare Sauce or Mayo

Falafel (3) with lettuce and Tzatziki (V)

Toasted Focaccias:

Cheese	\$3.50
Cheese & Tomato	\$3.60
Ham & Cheese	\$4.20
Ham, Cheese & Tomato	\$4.50
Roast Chicken, Avocado & Cheese	\$5.00

Vegetarian Options....

Salad Box with Caesar Dressing	\$4.50
Sweet Corn Cobbette	\$1.50
Macaroni & Cheese	\$4.40
Margarita Pizza	\$4.20
Spinach & Ricotta Roll (hot)	\$3.80
Vegetable Pastie	\$4.00

Baked Potato with cheese	\$3.50
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Or add your choice of:

- corn	\$3.90
- tuna (not quite vegetarian)	\$4.20
- tuna & corn	\$4.50

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll):

Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$4.50
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce	\$5.00
Chicken Burger: 2 x crumbed tenderloins with lettuce and mayo	\$5.00

Lasagne	\$4.40
Spaghetti Bolognaise	\$4.40
Small Beef Pie (Mrs Macs)	\$3.20
Potato Topped Beef Pie	\$3.60
Party Pie	\$1.20
Party Sausage Roll	\$1.20
Sausage Roll (large)	\$3.00
Hot Dog	\$3.30
Pizza – Hawaiian	\$3.30
Pizza – BBQ Chicken	\$4.20

Chicken Nuggets (3) with your choice of BBQ, Sweet Chilli or Mayo sauces	\$3.00
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Sauce	.20
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Snacks to fill the gaps!

Popcorn	\$0.80
Pretzels	\$0.80
Mamee Noodle Snacks (Chicken or BBQ)	\$0.80
Vege-Chips	\$1.20
Grain Waves (Sour Cream & Chives)	\$1.80
Red Rock Chips (Honey Soy Chicken or Sea Salt)	\$1.80
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00

Drinks:

Light Oak Milk 300ml	
– Chocolate, Strawberry or Banana	\$2.20
Fresh (Plain) Milk Cup	\$1.20
Milo (Hot or Cold)	\$1.70
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.60
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry, Blackcurrant or Lemonade	\$2.20

From the Freezer.....

Fruit Stick Icy pole	\$0.80
Wildberry Juicee (100% Juice)	\$1.00
Frozen Juice Cup	\$1.10
Moozie – Frozen Milk	\$1.70
Dixie Cup – vanilla	\$1.90
Frozen Yoghurt	\$1.90

Over the counter:

Snacks, drinks, fruit and freezer items listed above 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 (40c) will be enforced in order to enable all children to buy these items. “Special” items such as hot soup or frozen Milos will be available occasionally for purchase.

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