

# Murrumbidgee Kids' Café

## Canteen Menu (Effective August 2015)

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
Sliced Chicken	\$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 (Large size)

Tuna & Mayonnaise	all	\$2.90
Chicken Teriyaki		
Smoked Salmon & Avocado (GF)		
Vegetarian (V & GF)		
Plain (V & GF)		
(Soy Sauce or Wasabi included)		

### Winter Warmers:

Ripping Wraps:

Served in a tortilla wrap \$5.50

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

### Toasted Focaccias:

Cheese	\$4.00
Cheese & Tomato	\$4.50
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$5.00
Roast Chicken, Avocado & Cheese	\$5.50

### Vegetarian Options....

Salad Box with Caesar Dressing (1 <sup>st</sup> & 4 <sup>th</sup> term only)	\$5.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.50
Vegetable Pastie	\$4.50

Baked Potato with cheese \$5.00

Or add your choice of:

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

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

\*\*Add 20c for tomato sauce if ordered

### Burgers (served on wholemeal roll):

Cheese Burger: <i>low fat beef pattie with 2 slices of cheese and sauce</i>	\$5.00
Maxi Burger: <i>low fat beef pattie with lettuce, cheese, tomato &amp; sauce</i>	\$5.50
Chicken Burger: <i>crumbed tenderloins with lettuce, cheese and mayo</i>	\$5.50

Sweet & Sour Chicken with Rice	\$5.00
Lasagne	\$5.00
Spaghetti Bolognese	\$5.00

Potato Topped Beef Pie	\$4.40
Party Pie (large)	\$1.50
Party Sausage Roll	\$1.50
Sausage Roll (large)	\$3.50
Hot Dog	\$3.50

Pizza – Hawaiian	\$4.80
Pizza – BBQ Chicken	\$4.80

Chicken Nuggets (5) + dipping sauce	\$4.00
Chicken Strips (3) + dipping sauce	\$5.00
(dipping sauce: Tomato, BBQ, Sweet Chilli or Mayo)	

Nacho Dippers (corn chips with a cheesy bolognese sauce)	\$5.00
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### Extra fillers: Scrolls / Muffins

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

### Snacks to fill the gaps!

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Mamee Rice Sticks (cheese)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.20
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.80
Raspberry Liquorice Strap- pack of 2	\$1.20
Ovalteenies	\$1.00

### Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Fresh Milk Cup with *Sipahh Straw	\$2.00
(*straw adds flavour)	
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
Juicee (100% Juice)	
(Wildberry, Tropical or Apple)	\$1.30
Frozen Juice Cup	
(Apple or Orange)	\$1.30
Moozie – Frozen Milk	
(Assorted flavours)	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	
(Mango, Strawberry, Raspberry)	\$2.00

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

Jelly Cups	.80
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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	.50
Chicken Noodle Soup	\$1.20

### 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)