# Murrumbeena Kids' Café

## Capteen Menu (Effective January 2019)

Closed Mondays Canteen Enquiries: 9568 1300

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Available as Sandwich, Tortilla Wrap or Roll
(Roll = 80 cents extra) - all on Wholemeal

Cheese	\$3.00
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 (30 cents each) Add Avocado (50 cents)

Choice of Butter/Nuttlex

## Fresh Sushi Rolls (White or Brown Rice)

Tuna & Mayonnaise	)	
Chicken Teriyaki		
Smoked Salmon & Avocado (GF)	}	all \$3.00
Vegetarian (V & GF)		
Plain (V & GF)	J	
(Soy Sauce – 5 cents)		

# SUSHI ONLY AVAILABLE TO ORDER ON FRIDAY

#### ALLERGY ALERT.

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

#### Toasted Foccacias:

Cheese	\$4.30
Cheese & Tomato	\$4.90
Ham & Cheese	\$4.90
Ham, Cheese & Tomato	\$5.30
Roast Chicken, Avocado & Cheese	\$5.60

## Vegetarian Options

Salad Box (lettuce, cheese,	cucumber,	
tomato, carrot)	)	\$5.00
Macaroni & Cheese		\$5.20

## Vegetarian Options (continued)

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Margarita Pizza		\$4.40
Spinach & Ricotta Roll (hot)		\$4.70
Corn Cobs		\$1.00
Baked Potato with cheese		\$5.60
	tato with cheese our choice of:	\$5.60
•	di choice or.	
- corn		
- tuna		
Pumpkin	Soup	\$3.00
Pumpkin Soup with Bread Roll		\$4.00

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

More Mesty Lunches for the ver	y hung
Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.50
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce	\$6.00
Chicken Burger: crumbed tenderloins with lettuce, cheese and mayo	\$6.00
Crumbed Chicken Tenderloin wrap with	n
lettuce and your choice of sauce	
(BBQ Tomato or Mayo)	\$6.00
Butter Chicken with Rice	\$5.20
Lasagne	\$5.20
Spaghetti Bolognaise	\$5.20
Potato Topped Beef Pie	\$4.60
Party Pie	\$1.70
Party Sausage Roll	\$1.70
Sausage Roll (large)	\$3.70
Hot Dog	\$3.70
Pizza – Hawaiian	\$5.20
Pizza – BBQ Chicken	\$5.20
Chicken Nuggets (5) & dipping sauce	\$4.20
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Chicken Strips (3) & dipping sauce \$5. (Choice of dipping sauce: Tomato or BBQ)

Tomato Sauce Sachet

\$5.20

0.30

### Extra fillers: Scrolls / Muffins

Home Made Muffin: - Chocolate or Blueberry Homemade ANZAC cookie	\$2.50 \$0.80
Snacks to fill the gapsi	
Popcorn Mamee Noodle Snacks	\$1.00
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Ovalteenies	\$1.00
Gingerbread Kids	\$1.50
Hommus with Celery/Carrot Sticks	\$1.50
Drinks:	
Nippys Milk 250ml *Chocolate, Strawberry or Honeycomb	\$2.30
Milo (Hot or Cold)	\$2.30
100% Popper Tetra Juices  – Apple, Orange, App/Blackcurrant	\$2.10
From the Freezer	
Fruit Stick Icypole	\$1.00
Moozie – Frozen Milk (Chocolate, Bubblegum, Banana)	\$2.00

#### Over the counter:

(Mango, Strawberry, Raspberry)

Frozen Yoghurt

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

\$2.50

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 –

#### Available in Terms 1 & 4 only

Slushies (99% real fruit juice) Smal Frozen Watermelon <b>Available in Terms 2 &amp; 3 Only</b>	1 \$1.00 \$1.00
Garlic Bread	.80
Chicken Noodle Soup	\$1.50

 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.

# Our preferred method of payment for lunch orders is online through Qkr!

## Please download the app

