# MHOC Healthy Canteen Menu

**Now Open Wednesday, Thursday & Friday**

## Sandwiches (white or multi-grain bread)
- Vegemite $1.75
- Banana $2.25
- Ham or Tuna $3.75
- Egg $2.25
- Egg + Lettuce $2.75
- Cheese $2.25
- Cheese + Tomato $2.75
- Cheese + Tomato + Ham $4.25
- Salad (grated carrot, lettuce, tomato & cucumber) $3.25
- Cheese or Egg + Salad $3.75
- Ham or Tuna + Salad $4.25

## Hot Food
- Crumbed Chicken + Lettuce Wrap $3.75 (small)
- Crumbed Chicken + Salad Wrap $4.25 (small)
- Lean Beef Pie $4.25
- Sausage Roll $3.25
- Cheese + Bacon Pizza $3.25
- Ham + Pineapple Pizza $3.25

## Add
- Cheese or tomato $0.50
- Mayo $0.25
- Sauce Sachet $0.25
- Balsamic Glaze $0.50
- Toasted $0.25

## Wraps (Large - add $2.00)
- Salad (grated carrot, lettuce, tomato & cucumber) $3.25
- Cheese or Egg + Salad $3.75
- Ham or Tuna + Salad $4.25
- Roast pumpkin (with roast capsicum, feta, pine nuts, lettuce, cucumber, balsamic glaze) $6.00

## Salad Boxes
- Egg + Salad $5.00
- Cheese + Salad $5.00
- Ham or Tuna + Salad $5.50
- Roast pumpkin (with roast capsicum, feta, pine nuts, lettuce, cucumber, balsamic glaze) $7.50

## Salads
- Egg or Cheese + Salad $3.75
- Ham or Tuna + Salad $4.25

## Icy Treats
- 99% Fruit Ice Sticks $0.60
- Frozen Yoghurt $2.50
- Icy Twist $1.50
- Paddle Pop (choc/banana) $2.00

## Snacks
- Fresh Fruit (watermelon/apple/banana) $0.80
- Fresh Fruit Salad & Yoghurt $1.00
- Pop Corn $0.70
- Natural Plain Chips $1.00

## Drinks
- Water $1.00
- Just Juice (apple/tropical) $2.00
- Flavoured Milk (strawberry/choc) $2.00

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Use our **COLOUR CODE** to select food based on the nutritional benefit.
- [✓] will supply the most nutrition.
- [✓] have limited nutritional benefit.
- [✓] Foods that have little or no nutritional benefit do not appear.