

# MHOC CANTEEN MENU 2018/19

Open Wednesday, Thursday and Friday



## Sandwiches

*(white or multi-grain bread)*

✓ Vegemite	\$2.00
✓ Banana	\$2.75
✓ Ham or Tuna	\$4.00
✓ Egg	\$2.75
✓ Egg + Lettuce	\$3.25
✓ Cheese	\$2.75
✓ Cheese + Tomato	\$3.25
✓ Ham + Cheese	\$4.50
✓ Ham + Cheese + Tomato	\$4.50
✓ Salad	\$3.75
<i>(grated carrot, lettuce, tomato &amp; cucumber)</i>	
✓ Cheese or Egg + Salad	\$4.25
✓ Ham or Tuna + Salad	\$5.00

## Wraps

*(Large - add \$2.00)*

✓ Salad	\$3.75
✓ Cheese or Egg + Salad	\$4.25
✓ Ham or Tuna + Salad	\$5.00

## Salad Boxes

✓ Egg + Salad	\$5.25
✓ Cheese + Salad	\$5.25
✓ Ham or Tuna + Salad	\$5.75

## Hot Food

✓ Small Crumbed Chicken + Lettuce Wrap	\$4.25
✓ Large Crumbed Chicken + Lettuce Wrap	\$6.25
✓ Small Crumbed Chicken + Salad Wrap	\$4.75
✓ Large Crumbed Chicken + Salad Wrap	\$6.75
✓ Lean Beef Pie	\$4.75
✓ Sausage Roll	\$3.75
✓ Cheese + Bacon Pizza	\$3.75

## Add

Cheese or tomato	\$0.50
Mayo	\$0.25
Tomato/BBQ Sauce	\$0.25
Balsamic Glaze	\$0.50
Toasted	\$0.25

## Icy Treats

✓ Fruit Ice Sticks	\$0.80
✓ Frozen Yoghurt	\$2.50
✓ Icy Twist	\$1.50
✓ Paddle Pop ( <i>choc/banana</i> )	\$2.00

## Snacks

✓ Fresh Fruit	\$0.80
<i>(watermelon/apple/banana)</i>	
✓ Hommus + carrot sticks	\$1.50
✓ Pop Corn	\$1.00
✓ Natural Plain Chips	\$1.00

## Drinks

✓ Water	\$1.00
✓ Just Juice ( <i>apple/tropical</i> )	\$2.00
✓ Flavoured Milk ( <i>strawb/choc</i> )	\$2.00

Use our COLOUR CODE to select food based on the nutritional benefit.

- ✓ will supply the most nutrition.
- ✓ have limited nutritional benefit.

Have you tried **www.flexischools.com.au** where there are more choices and ordering is *easy*