



MCC PRIMARY CANTEEN SUMMER MENU 2018/2019



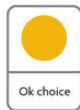
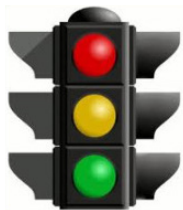
Healthy Food & Drink Choices

This policy was introduced in 2006 by the West Australian Government. This is the 'Traffic Light System' as foods are Categorized as Green, Amber and Red!

● **GREEN** - This colour indicates it is low in fat, sugar or salt and can be eaten or consumed regularly. It is the healthiest of choices.

● **AMBER** - Indicates that content of fat, sugar or salt is medium in these foods and can be eaten occasionally though not on a regular basis.

● **RED** - Indicates that the food is high in fat, sugar or salt. It is best to avoid these kinds of food and can be eaten only rarely and will not be served in this canteen!



REGISTERED SCHOOL CANTEEN ASSOCIATION

We take every care not to use nuts or eggs in our food but it cannot always be 100% guaranteed.

MORNING RECESS

- Selection of Whole Fruit\$1.50
- Fresh Fruit Salad 500ml\$3.50
- Up and Go (chocolate, strawberry & vanilla).....\$2.50
- Hash Browns (2 x small oven baked)\$0.60
- Bacon & Hashbrown Burger (bacon, hashbrown & tomato sauce)\$4.00
- Assorted Light Fruit Yogurt\$2.20
- Vege Chips (BBQ flavour).....\$1.20
- Cheesie.....\$2.50
- Large Muffin (chocolate, double chocolate or blueberry)\$2.00
- Mini Hawaiian Pizza\$3.50
- Buttered Pikelets (each).....\$0.70

BURGERS

- Steak & Salad (steak, salad & tomato sauce)\$5.00
 - Hamburger (beef pattie, cheese, salad, beetroot & tomato sauce)\$5.00
 - Cheese Burger (beef pattie, cheese & special sauce).....\$4.50
 - Fish & Salad Burger (fillet of fish, salad, & mayo).....\$5.00
 - Chicken & Salad Burger (crumbed chicken breast, salad, cheese & mayo) \$5.00
 - Veggie Burger (vegetable pattie, salad, beetroot & tomato sauce).....\$4.50
- (Salad includes lettuce, tomato, cucumber, spanish onion and carrot)

Gluten free rolls available \$1.00 extra

SANDWICHES

(Sandwiches Made With White, Wholemeal or Gluten Free Bread)

- Mega Salad (Lettuce, Tomato, Avocado, Cucumber, Spanish Onion, Beetroot, Roasted Capsicum and Carrot)\$4.00
- BLT (Bacon, Lettuce, Tomato & Chilli Mayo).....\$4.50
- Chicken.....\$3.50
- Ham.....\$3.50
- Tuna.....\$3.50
- Cheese.....\$3.00
- Add Salad\$1.00

(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)

Gluten free bread \$1.00 extra

TOASTED SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

- Ham & Cheese\$4.00
- Chicken & Cheese\$4.00
- Chicken, Cheese, Avocado & Mayo.....\$4.50
- Ham, Cheese & Tomato\$4.50

or **DESIGN YOUR OWN TOASTIE!!**

Choose from; Ham, Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado and Tomato. **Gluten free bread \$1.00 extra**

To Help The Planet

Once we run out of straws we will no longer have them in stock!
From now on we will wrap our sandwiches in grease paper instead of plastic!

SALADS

- Garden Salad (Lettuce, tomato, cucumber, spanish onion, fetta, carrot, olives, sundried tomatoes and dressing).....\$4.50
- Ploughmans Salad (Ham, lettuce, tomato, cucumber, spanish onion, carrot, cheese, beetroot and mustard relish).....\$5.50
- Caesar Salad
(Baby Coz, croutons, crispy bacon, cheese and ceasar dressing).....\$5.00
with chicken\$6.00

Monday & Wednesday

- Chicken Nuggets (4x nuggets, wedges and tomato sauce).....\$4.50
- Pasta Bolognaise\$4.50
- Good Eating Sausage Roll\$3.00
- Chicken Soy Noodles (Asian veg, chicken, noodles & soy)\$4.50

Tuesday & Thursday

- Chicken Parmigiana Burger (crumbed chicken, ham, tomato & cheese) . \$5.50
- Lasagna (homemade)\$4.50
- Thai Chicken Curry with rice\$4.50
- Spring Rolls (5x spring rolls and wedges)\$4.50

Friday

- Good Eating Beef Cruiser\$3.50
- Sausage Sizzle\$3.00
- 1/2 Chicken Sweet Chilli Wrap (Chicken tenders, lettuce, onion, cheese, tomato and sweet chilli).....\$3.50
- Veggie Fried Rice (Asian vegetables, rice, soy & sweet chilli)\$4.00

DRINKS

- Masters Milk (Choc, Strawberry and Spearmint) 300ml \$2.50
- Supa Juice 350ml (Berry, Mango, Orange, Apple & Coconut)\$3.00
- Just Juice BOX (Tropical, Orange, Apple & Blackcurrant).....\$1.50
- Up & Go (Strawberry, Vanilla & Chocolate).....\$2.50
- 300ml Water.....\$1.00
- Glee 200ml (Tropical, Raspberry & Blackcurrant).....\$2.50

SQUEEZE ON SAUCE; Tomato, BBQ & Sweet Chilli.....\$0.50