



# MERENDA PARK

## TERM 1 AND 4

### **Sandwiches/Wraps/Roll White or Wholemeal Bread and rolls**

Base price of \$2.00 then add extras below. All can be toasted at no extra charge.

#### ◆ **Meats**

Ham, Chicken, Tuna, Salami. **\$1.00**

#### ★ **Dairy & Egg**

Cheese, feta, egg, cream cheese. **\$1.00**

#### ★ **Salad**

lettuce, carrot, beetroot, tomato, cucumber. **50c**

#### ★ **Roast Vegetables**

Capsicum, eggplant, Zucchini, pumpkin. **\$1.00**

#### ◆ **Spreads**

Vegemite, Jam, mayonnaise, mustard, tomato sauce, tzatziki. **30c**

### **Hot Food**

#### ★ **Macaroni and Cheeses**

Homemade Macaroni and Cheese contains dairy and gluten. **\$4.00**

Gluten-free Pasta **\$4.50**

Add salad for **\$2.00**

#### ★ **Spaghetti Bolognaise**

Homemade Bolognaise **\$4.00**

Gluten-free Pasta **\$4.50**

#### ★ **Penne Napoli**

Homemade Napoli sauce with penne pasta. **\$4.00**

Gluten-free Pasta **\$4.50**

#### ★ **Fried Rice**

homemade fried rice with vegetables **\$4.00**

★ **Sweet Chili Wraps** with  
lettuces mayo and chicken strip **\$4.00**

#### ★ **Burgers**

##### **Beef, Chicken or Veggie**

Pattie served with tomato, lettuce and cheese **\$4.50**

#### ★ **Sausage Roll**

Homemade sausage roll filled with healthy vegetables and beef **\$3.50**

#### ◆ **Good Eating Meat Pie**

Beef Pie Good Eating. **\$3.50**

#### ◆ **Pizza Slice**

Margarita, Hawaiian, Supreme **\$3.50**

### ★ **Snacks**

#### ◆ **Party Pie**

Mrs. Macs good eating party pie **\$1.00**

#### ★ **Corn on the Cob**

Steamed baby corn cob. **\$ 1.00**

#### ◆ **Dim Sim**

Steamed **\$ 1.00**

#### ◆ **Dinosnack**

Oven Baked Chicken Breast **\$1.**

#### ◆ **Hot Dog**

Skinless Sausage in a roll. **\$3.50**

#### ★ **Spinach and Ricotta Filo**

Small filo parcel filled with spinach and ricotta. **\$1.00**

# Tastebuds

## Snacks

### ★Popcorn

Fresh popped popcorn. \$1.50

### ★Fresh Baked Muffin

Freshly baked muffin flavors change daily. \$2.00

### ◆Fresh Baked Cookie

Fresh baked cookie. \$ 1.00

### ★Fresh Fruit

Fresh seasonal fruit. \$ 1.00

### ★Rice crackers, Dip and Veggie Sticks \$2.00

### ★Fruit Salad

Seasonal fresh fruit \$4.00

## Drinks

### ★Big M Flavored Milk

Chocolate or Strawberry reduced fat \$ 2.00

### ★Water

Bottled water 600ml \$2.00

### ◆ Juice

100% fruit Juice Orange, Apple,  
Apple & blackcurrant \$2.00

## Frozen Bits

*these items need to be picked up at the canteen counter at lunch*

### ★Frozen yogurt

Yogurt with fruit coulis \$2.00

### Icy Twist / Mini Calippo

Streets icy Pole and calippo Amber rated \$1.50

### ★Frozen Pineapple rings 50c

### Zooper Doopers \$1.00

### Rockets \$1.00

*All orders are to be in a brown bag.  
if a bag is required please pay 10c*

*Please put your child's name and  
room number on the bag*

★Green ◆Amber

**Did you know you can order online?  
Please ask one of our friendly canteen staff for more information.**