



# MERNDA PARK Canteen Menu 2017

## *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. 50c

### ★ Salad

Lettuce, carrot, beetroot, tomato, cucumber. 50c

### ★ Roast Vegetables

Capsicum, eggplant, Zucchini, pumpkin. 75c

### ◆ Spreads

Vegemite, Jam, mayonnaise, mustard, tomato sauce, tzatziki. 25c

## *Hot Food*

### ★ Macaroni and Cheeses

Homemade Macaroni and Cheese contains dairy and gluten. \$4.00  
Add salad for \$2.00

### ★ Beef Lasagna

Homemade Beef Lasagna. Contains dairy and gluten. \$4.00  
Add salad for \$2.00

### ★ Spaghetti Bolognese

Homemade Bolognese \$4.00

### ★ Penne Napoli

Homemade Napoli sauce with penne pasta. \$4.00

### ★ Sweet Chili Chicken Wrap

Chicken Strip with lettuce & mayo served in a wrap \$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 \$3.00

### ◆ Good Eating Meat Pie

Mrs. Macs Beef Pie Good Eating. \$3.50

### ◆ Pizza Slice

Margarita, Hawaiian, Supreme \$3.00

### ★ Fried Rice

Homemade fried rice with vegetables \$4.00

## *Hot 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 \$1.00

### ◆ 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. \$1.00

◆ **JJ's** chicken, pizza & salt & vinegar \$1.50

◆ **Rock Deli Chips** Honey soy \$1.50

### ★Fresh Baked Muffin

Freshly baked muffin flavors change daily contain fruit and wholemeal flour. \$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 \$3.50

## 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 with fruit coulis

Yogurt with fruit coulis \$2.00

### ★Frozen Pineapple rings 50c

*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.**