



WINTER MENU



EHPs Canteen Phone: 02 9913 2721

Snacks - available all day

★ Apple Slinky	\$1.00
★ Boiled Egg	\$1.00
Boiled Rice Cup	\$1.00
Bread Stick (plain)	\$0.25
★ Carrot Sticks (5pk)	\$0.20
★ Carrot sticks (5) & hommus dip	\$1.20
Cereal Cup (No milk)	\$1.20
Cheese on Toast (recess only)	\$1.50
Cheesie Vegie Muffin	\$1.20
★ Choc Mousse	\$1.50
★ Crispy Fruit (mango, pineapple, strawb.)	\$2.30
★ Custard & Fruit Cup	\$1.50
★ Endamame Bean Cup	\$1.50
★ Fruit (seasonal eg. apple, banana, mandarin)	\$1.00
★ Fruit Salad Cup (Seasonal fruits)	\$2.50
Grain Waves Chips (Sour Cream/Chives)	\$1.50
★ Juicy Jelly	\$1.20
Mini Fruit Muffin	\$0.50
★ Popcorn	\$1.00
Recess Box - 3 items (Recess only) (fruit, veg, dairy, snack or dip)	\$3.00
Rice crackers	\$0.60
★ Snack Pack (carrot, celery, cheese)	\$1.20
★ Yoghurt Squeezie (blueberry, strawberry)	\$1.80

"Brain Freeze" Snacks - Lunch only

★ Frozen Chocolate Milk "Choc Pop"	\$1.00
★ Frozen Orange wedge (seasonal)	\$0.20
★ Frozen Pineapple Ring	\$0.60
★ Lemonade Juicie	\$1.80
★ Licks Iceblock (mango, pink lemon)	\$2.20
★ Quelch 99% Juice Frozen Stick (tropical, mango, orange, pineapple)	\$1.00
★ Twisted Frozen Yoghurt (Choc/Banana, Strawb/Vanilla, Mango/Watermelon)	\$2.80

Drinks

Hot Milo	\$1.50
★ Plain Milk	\$1.40
★ Milk + Sippah Straw (various flavours)	\$2.20
★ Juice (Apple, Apple & Blackcurrant)	\$2.00
Glee (Grape, Raspberry, Tropical)	\$2.50
Glee Sour (Blueberry, Blackcurrent, W/melon)	\$2.50
Up & Go (choc, strawberry) - Recess Only	\$2.50

Birthday Treats

★ Rainbow Fruit Platter	\$10.00
★ Quelch 99% Juice Frozen Sticks	\$15.00
Quantity for whole class.	
Please provide 24 hours notice.	
Includes delivery to your child's class.	

Lunch - Available Everyday

SANDWICHES

The Waters (ham, salad, mayo)	\$4.50
The Reeks (egg, lettuce, mayo)	\$3.50
Cheese or egg or ham or tuna	\$3.00
Chicken	\$4.00
Salad (grated carrot, cucumber, tomato, beetroot, lettuce)	\$4.00
Cheese or egg or ham or tuna & Salad	\$4.50
Chicken & salad	\$5.50
Vegemite	\$2.00
On a wrap or roll	\$0.50
Toasted	\$0.50
Buttered Plain Roll	\$1.20
Extra - Cheese or egg or ham	\$1.00
Extra - chicken	\$1.50
Extra - tuna	\$1.20
Extra - mayo	\$0.40 each
Extra - beetroot or carrot or cucumber or lettuce or tomato	\$0.50 each

HOTTIES

★ Hot Cheese roll	\$3.50
★ G/F Hot Cheese roll	\$4.50
Hot Ham & Cheese roll	\$3.80
Hot Pizza roll (ham, cheese, tomato paste)	\$4.00
★ G/F Ham & cheese sandwich (toasted)	\$4.50
Cheese wrap (toasted)	\$4.00
Cheese & tomato wrap (toasted)	\$4.20
Chicken, cheese & mayo wrap (toasted)	\$5.00
Ham & cheese wrap (toasted)	\$4.20
Ham, cheese & tomato wrap (toasted)	\$4.50
Tuna, cheese, tomato & mayo wrap (toasted)	\$5.00
Single Chicken Tenderloin wrap (with lettuce, tomato, carrot, mayo)	\$4.50
Double Chicken Tenderloin wrap (with lettuce, tomato, carrot, mayo)	\$5.50
All day Brekkie wrap (ham, cheese, egg, BBQ sauce)	\$4.80
Two Chicken Tenderloins + Fruit	\$4.50
Cheesie Vegie muffin	\$1.50
★ Corn Cobette	\$1.20
Sauce (tomato, BBQ)	\$0.40

SALAD BOXES

★ Salad Box (w grated carrot, cucumber, tomato, beetroot lettuce)	\$4.00
★ Salad Box with cheese	\$5.00
★ Salad Box with boiled egg	\$5.00
★ Salad Box with chicken	\$5.50
★ Salad Box with ham	\$5.00
★ Salad Box with tuna	\$5.20
Vinegarette	\$0.40

Daily Specials - Winter

EVERYDAY

Chicken Caesar Salad Bowl (Chicken with cos lettuce, cucumber, egg, croutons, dressing)	\$6.50
Katsu Chicken Bowl (Crumbed Chicken tender, rice, tomato & cucumber salad, tonkatsu sauce & kewpie mayo)	\$6.50
Bolognese & Cheese Hot Roll	\$4.50
Rainbow Wrap Meal Deal (Cheese & Salad Wrap, Quelch Iceblock)	\$5.00
Winter Warmer Meal Deal (Ham & cheese pizza pocket, popcorn, hot Milo)	\$6.00
<u>MONDAY</u>	
Good Food Hero Hot Meals	
- Thai Chicken Curry with Rice	\$5.50
- Macaroni & Cheese	\$5.50
Sushi	\$4.20
★ (Avocado, Cucumber, Salmon) (Beef Teriyaki, Chicken Schnitzel & salad, Chicken Teriyaki, Tuna & cucumber)	
Soy Sauce	\$0.05

TUESDAY

Pasta Bolognese (Beef mince, mushrooms, carrot, zucchini, pasta sauce)	\$5.50
Plus cheese	\$1.00

WEDNESDAY

★ G/F Egg & Veg Fried Rice	\$4.50
Soy Sauce	\$0.05

THURSDAY

Beef Pie (fresh from Elanora Bakery)	\$4.50
Good Food Hero Hot Meals	
- Thai Chicken Curry with Rice	\$5.50
- Macaroni & Cheese	\$5.50

FRIDAY

★ Sushi	\$4.20
★ (Avocado, Cucumber, Salmon) (Beef Teriyaki, Chicken Schnitzel & salad, Chicken Teriyaki, Tuna & cucumber)	
Soy Sauce	\$0.05

Munch Monitor online ordering:

Please place your orders by 9am.

<https://www.munchmonitor.com/>

★ Gluten-free items