

MOWBRAY HEIGHTS PRIMARY SCHOOL – COOL CAP CANTEEN MENU

2015 – Effective from 20/10/2015


Remember – Lunches must be ordered

Lunch orders must be at the Canteen by 9.30am



Congratulations to the Canteen on
achieving Silver Accreditation



Everyday Hot Food		Sandwiches (Wholemeal or white)		Drinks		
Nuggets - maximum 6	0.80	Buttered Bread (2 slices)	1.00	Juices	1.20	
Corn Cobbette	0.90	with fillings of your choice at additional cost of:				
Magnificent 7 Party Pie	1.70	Chicken/Tuna	1.00	Nippy's Flavoured milk 375mls	2.40	
Sausage Roll	3.00	Ham	1.00	Iced Banana		
Magnificent 7 Large Pie	3.50	Lamb	1.00	Honeycomb 200ml	2.30	
Pizza - Cheese, Ham & Pineapple	3.50	Lettuce	0.70			
Hawaiian Chicken Burger	4.20	Cheese	0.70	Calci-yum Flavoured Milk	2.30	
(lettuce, cheese & pineapple)		Pineapple	0.70	Chocolate		
Savaloy	3.00	Beetroot	0.70			
		Tomato	0.70	Bottled Water 600 mls	1.00	
Tomato Sauce	free	Grated carrot	0.70			
BBQ Sauce	0.20	Egg	0.70	Fruit Cups	1.20	
Weekly Specials -		Vegemite	0.50	Yoghurt	1.20	
		Toasted - ham & cheese	2.70	Fresh Fruit Bags	1.00	
Tuesday Special		WRAPS - fresh or toasted	1.20	Icy Poles	1.00	
Lamb & Gravy Roll	4.00	with filling of your choice at additional cost as above		Slushies	1.50	
Wednesday Special				Fruit		
Quiche (ham, tomato,cheese)	4.50	SALAD TUBS - with filling of your choice at	0.80	Fresh fruit in season		
with light salad		additional cost as above		at assorted prices		
				Chips		
Thursday Special		MONDAYS - no canteen on this day.		JJs	1.00	
Hot Potato - ham, cheese &	4.50					
pineapple						
			RECESS SPECIALS - Check the Board Daily		REMINDER	
			On offer will be - home made fruit scones, anzac slice, fruit buns, pancakes, raisin toast, boiled eggs, carrot sticks, vegie dim sims, garlic bread, fresh fruit bags. impossible quiche, fruit muffins, pitta pockets.		Chicken burgers are served in a fresh roll. Tomato sauce and mayo are optional extras and free, BBQ sauce is 20c. If you want a sauce, you need to state this on your order.	
			CHECK THE BOARD TO SEE WHAT IS ON OFFER EACH DAY			

