

# Macgregor Primary Canteen Menu Term 1, 2020

\*\*\* PRE-SCHOOL lunch orders available on Wednesday \*\*\*

OPEN WEDNESDAY, THURSDAY, FRIDAY for Lunch (break 1) and Recess (break 2)

The canteen operates by Flexischools orders only. No Cash Orders

## SANDWICHES / TORTILLAS

### (wraps) / ROLLS

**Tortilla or Wholemeal Bread Roll** Add 60¢  
**Toasted or Jaffle** Add 30¢

**Vegemite Sandwich** \$2.20  
**Cheese or Egg** \$2.70  
**Baked Beans or Spaghetti filling** \$2.70  
**Salad Sandwich** \$4.00  
**Chicken** (poached chicken breast) \$3.30  
**Ham** \$3.00

Add: Cheese; or Tomato 50¢  
Add: Cucumber / Carrot / Lettuce / Red Onion 30¢  
Add: Avocado \$1.00  
Add: Hummus (homemade) 60¢  
Add: Mayonnaise (light) 30¢

**Chicken and Salad Wrap** ..... \$5.50

Poached Lilydale free range chicken breast, tomato, carrot, cucumber, lettuce, red onion and mayo

Add: Avocado \$1.00  
Add: Hummus (homemade) 60¢  
Add: Cheese 50¢

**Banana and Cinnamon Jaffle** ..... \$3.50

## MEALS - available both breaks

**Pasta Bake** ..... \$5.00

Homemade with lean minced beef, vegetables and tomatoes; topped with béchamel sauce and cheese

**Macaroni and Cheese** ..... \$4.50

Homemade with sneaky vegetables – carrot and cauliflower

**Chicken Pasta Bake** ..... \$5.50

Homemade with Steggles chicken breast and vegetables in a white cheese sauce

**Thai Chicken Salad** small \$5.50 / large \$8

Poached Lilydale free range chicken breast, rice noodles, cucumber, seasonal greens and fresh herbs with a Thai dressing

**Meatball Sub** ..... \$5.00

Homemade vegetable and lean minced beef balls with a homemade tomato sauce in a baguette.

Add: Cheese; or Tomato 50¢  
Add: Cucumber / Carrot / Lettuce / Red Onion 30¢

**Chicken Burger** ..... \$5.00

Premium Steggles chicken burger patty, lettuce, tomato, mayo or tomato sauce on a wholemeal bread roll

Add: Avocado \$1.00  
Add: Hummus (homemade) 60¢  
Add: Cheese 50¢  
Add: Carrot / Cucumber / Red Onion 30¢

**Chicken Nugget Meal** ..... \$5.50 \*\*

5 chicken nuggets (premium Steggles), cherry tomatoes, cucumber & carrot sticks

**Sausage Roll** ..... \$3.20 \*\*

**Meat Pie** ..... \$3.70 \*\*

**(Gluten Free Meat Pie)** ..... **\$4.70)**

\*\* Tomato Sauce Add 30¢ \*\*

## MACGREGOR MINI MEALS

**Mini Chicken Nugget Meal** ..... \$4.50 \*\*

3 chicken nuggets (premium Steggles), cherry tomatoes, cucumber & carrot sticks

**Mini Meatball Bun** ..... \$4.00

Homemade vegetable and lean minced beef balls with a homemade tomato sauce in a mini bread roll.

Add: Cheese; or Tomato 50¢  
Add: Cucumber / Carrot / Lettuce / Red Onion 20¢

**Mini Chicken Wrap** ..... \$4.00

8-inch tortilla with poached Lilydale free range chicken breast, lettuce and mayonnaise

Add: Avocado \$1.00  
Add: Hummus (homemade) 60¢  
Add: Cheese 50¢

\*Please order via Flexischools, register at [www.flexischools.com.au](http://www.flexischools.com.au) then place orders before 9:30am.

**Flexischools Parent Help Line 1300 361 769**      **Canteen phone 6142 1628 (Wed -Fri)**

Follow Canteen and P&C news on our Facebook page - Macgregor Primary School P&C

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## Mini Salad Wrap or Mini Bread Roll \$4.00

8-inch tortilla or mini bread roll with tomato, lettuce, cucumber, carrot and red onion

Add: Avocado \$1.00

Add: Hummus (homemade) 60¢

Add: Cheese 50¢

Add: Mayonnaise (light) 30¢

## Mini Wrap or Mini Bread Roll

8-inch tortilla or mini bread roll

Vegemite \$2.50

Cheese or Egg \$3.00

Baked Beans or Spaghetti filling \$3.00

Ham \$3.00

Chicken (poached chicken breast) \$3.50

Add: Cheese; or Tomato 50¢

Add: Cucumber / Carrot / Lettuce / Red Onion 20¢

Add: Avocado \$1.00

Add: Hummus (homemade) 60¢

Add: Mayonnaise (light) 30¢

## DRINKS - available both breaks

\$1.00 Water

\$1.50 Fruit Box

- Apple & Blackcurrent or Tropical

\$2.50 Moove (300ml)

- Chocolate or Strawberry

\$1.50 Plain Milk (300ml Hi lo)

\$1.20 Milo Milk (Pick up from canteen)

## FROZEN - Lunch and Recess

**NOTE:** Frozen items must be collected from the Canteen window at the beginning of the break.

\$2.20 Twisted Frozen Yoghurt

- Chocolate/vanilla, cookie dough/blueberries, Watermelon/mango, Strawberry/vanilla

\$1.00 Frozen Fruit Juice Cup

- Apple & Blackcurrent, Orange, Apple

## PRE-ORDER for Recess only

\$1.50 Fresh Fruit Salad Cup

\$2.00 Banana Smoothie

40¢ Pizza Crunch

30¢ Pikelets (mini pancakes)

## SNACKS - Lunch and Recess

\$1.00 Packet Snacks

- Rice wheels, Pretzels, Potato Stix

\$1.00 Fresh Popped Popcorn

\$1.00 Piece of Fresh Fruit

- Apple, Pear, Orange, Banana

50¢ Rice crackers

## PRE-ORDER

\$1.00 Homemade Hummus

50¢ Bunny Bag (Vegetable sticks)

50¢ Rice Crackers

50¢ Cheese Slice

\$1.00 Corn Cob

\$1.00 Boiled Egg

The National Healthy School Canteen Guidelines use a traffic light system to categorise food and drinks according to their nutritional value and levels of energy, saturated fat, fibre, sugar and salt. The Traffic Light System is as follows:

**GREEN** is the best choice and forms the basis of a healthy diet. It offers a wide range of nutrients and is generally low in saturated fat, sugar and salt.

**AMBER** should be selected carefully. It contributes some valuable nutrients but contain moderate amounts of saturated fat, sugar and/or salt and may be low in fibre. It also contributes to excess intake of energy (kilojoules/calories) if consumed in large quantities.

**RED** is low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. It may also provide excess energy (kilojoules/calories).

## Question: How can I support the Canteen?

→ Donate pantry items, fresh fruit or home grown produce

- Light Mayonnaise (97% fat free)
- Tomato paste (low salt)
- Tinned tomatoes (low salt)
- Tinned lentils (low salt)
- Olive oil
- Pasta – spirals, wagon wheels or macaroni
- Brown paper lunch bags

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