

Macgregor Primary Canteen Menu Term 3, 2018

*** PRE-SCHOOL lunch orders available on Wednesday – Flexischools only ***

WEDNESDAY: Lunch & Recess - *Flexischools on-line orders only – NO CASH ORDERS

THURSDAY & FRIDAY: Lunch & Recess - Flexischools or cash orders (Flexischools preferred)

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 \$4.00

Homemade with sneaky vegetables – carrot and cauliflower

Chicken Pasta Bake \$5.50

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

Meatball Sub \$5.00

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

Add: Cheese; or Tomato Add 50¢ each

Add: Cucumber / Carrot / Lettuce / Red Onion

Add 20¢ each

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

Chicken Burger \$5.00

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

Add: Avocado Add \$1.00

Add: Cheese / Hummus (homemade) Add 50¢ each

Add: Carrot / Red Onion Add 20¢ each

Chicken Nugget Meal \$5.50 **

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

Mini Chicken Nugget Meal \$4.50 **

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

Sausage Roll \$3.00 **

Meat Pie \$3.50 **

(Gluten Free Meat Pie \$4.50)

** Tomato Sauce Add 30¢ **

Chicken and Salad Wrap \$5.50

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

Add: Avocado Add \$1.00

Add: Cheese / Hummus (homemade) Add 50¢ each

Banana and Cinnamon Jaffle \$3.00

SANDWICHES / TORTILLAS / ROLLS - available both breaks

Tortilla or Wholemeal Bread Roll Add 60¢

Toasted or Jaffle Add 30¢

Vegemite Sandwich \$2.00

Cheese or Egg \$2.50

Baked Beans or Spaghetti filling \$2.50

Salad Sandwich \$3.50

Ham; or Chicken (poached chicken breast) \$3.00

Add: Cheese; or Tomato Add 50¢ each

Add: Avocado Add \$1.00

Add: Cucumber / Carrot / Lettuce / Red Onion

Add 20¢ each

Add: Mayonnaise Add 30¢

Add: Hummus (homemade) Add 50¢

Mini Chicken Wrap \$4.00

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

Add: Avocado Add \$1.00

Add: Cheese Add 50¢

Add: Hummus (homemade) Add 50¢

Mini Salad Wrap \$4.00

8-inch tortilla with tomato, lettuce, cucumber, carrot and red onion

Add: Avocado Add \$1.00

Add: Cheese Add 50¢

Add: Hummus (homemade) Add 50¢

Add: Mayonnaise Add 30¢

** Our full range of mini wraps can be customised and ordered online via Flexischools **

*Please order via Flexischools, register at 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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DRINKS - available both breaks

- \$1.00 Water
- \$1.50 Fruit Box
 - Apple & Blackcurrant or Tropical
- \$2.50 Moove (300ml)
 - Chocolate or Strawberry
- \$1.50 Plain Milk (300ml Hi lo)
- \$1.00 Milo Milk (Pick up from canteen)

FROZEN – available at lunch only

NOTE: Frozen items must be purchased or collected if pre-ordered at the beginning of the Lunch break (first break)

- \$2.00 Twisted Frozen Yoghurt
 - Chocolate/vanilla, Raspberries/coconut, Watermelon/mango, Strawberry/vanilla
- \$1.00 Frozen Fruit Juice Cup
 - Apple & Blackcurrant, Orange, Apple

SNACKS - Lunch and Recess

- \$1.00 Packet Snacks
 - Gingerbread Babies, Pretzels, Potato Stix
- \$1.00 Piece of Fresh Fruit
 - Apple, Pear, Orange, Banana
- \$2.00 Bulla Fresh Yoghurt Tub (200ml)
 - Apricot, Fruit Salad, Strawberry, Wildberry

PRE-ORDER - Lunch and Recess

- \$1.00 Homemade Hummus
- 50¢ Bunny Bag (Vegetable sticks)
- 50¢ Rice Crackers
- 50¢ Cheese Slice
- \$1.00 Corn Cob
- \$1.00 Boiled Egg

PRE-ORDER for Recess only

- \$1.00 Fresh Popped Popcorn
- \$1.50 Fresh Fruit Salad Cup
- \$2.00 Banana Smoothie
- 40¢ Pizza Crunch

Recess pre-order items can also be ordered at the window during the lunch break – don't miss out on pizza crunch

Question: How can I support the Canteen?

→ Place orders online via Flexischools

→ Join us on Thursday or Friday between 9:30am and 10:30am for apple slinkies

→ Pop into the canteen and say hello. If only for an hour and for a cuppa; we always welcome new volunteers

→ Join us on special lunch days and events e.g. Movie nights, disco, fete

Question: I am working and cannot volunteer my time, but I would still like to support the Canteen. What can I do?

→ 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

Did you know:

We provide lunch bags for orders placed online with Flexischools

Lunch bag (if needed) for cash orders 10¢

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