

# Macgregor Primary Canteen Menu Term 1, 2019

\*\*\* 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 50¢

**Add:** Cucumber / Carrot / Lettuce / Red Onion 30¢

**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 \$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*

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

*3 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¢ \*\*

\*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)**

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**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

## SANDWICHES / TORTILLAS

(wraps) / ROLLS – Lunch and Recess

**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 20¢

**Add:** Avocado \$1.00

**Add:** Hummus (homemade) 60¢

**Add:** Mayonnaise 30¢

**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¢

**Mini Salad Wrap** ..... \$4.00

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

**Add:** Avocado \$1.00

**Add:** Hummus (homemade) 60¢

**Add:** Cheese 50¢

**Add:** Mayonnaise 30¢

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

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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)
- \$1.20 Milo Milk (Pick up from canteen)

## **FROZEN** – Lunch and Recess

**NOTE:** Frozen items must be purchased or collected if pre-ordered **at the beginning** of the Lunch and Recess break from the Canteen window.

- \$2.20 Twisted Frozen Yoghurt
  - Chocolate/vanilla, cookie dough/blueberries, 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 during fruit break to make apple slinkies for the students

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

→ Volunteer 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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