

Macgregor Primary Canteen Menu Term 3, 2019

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

OPEN WEDNESDAY, THURSDAY, FRIDAY for Lunch (break 1) and Recess (break 2)
From Week 4, the canteen will operate by Flexischools orders only. No Cash Orders

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 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 \$4.00

Homemade with sneaky vegetables – carrot and cauliflower

Chicken Pasta Bake \$5.50

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

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 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

Vegete	\$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 & 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 from the Canteen window during the break times.

\$2.20	Twisted Frozen Yoghurt
	• Chocolate/vanilla, cookie dough/blueberries, Watermelon/mango, Strawberry/vanilla
\$1.00	Frozen Fruit Juice Cup
	• Apple & Blackcurrant, Orange, Apple

Lunch bag (if needed) for cash orders 10¢

SNACKS - Lunch and Recess

\$1.00	Packet Snacks
	• Rice wheels, Pretzels, Potato Stix
\$1.00	Piece of Fresh Fruit
	• Apple, Pear, Orange, Banana
50¢	Rice crackers

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
30¢	Pikelets (mini pancakes)

Question: How can I support the Canteen?

→ Place orders online via Flexischools

→ 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

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