



# CRANBOURNE EAST PRIMARY CANTEEN MENU 2017



YUMMY TUMMY HOT FOOD		
Lasagna 97% fat free	\$4.20	☺☺☺
Macaroni/Cheese 97% fat free	\$4.20	☺☺☺V
Fried Rice	\$4.20	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Potato Scallop (Term 2 & 3 Recess Only)	\$1.00	☺☺
Chicken crumbed tender	\$1.80	☺☺GF
Pizza Slab (Ham&Pine or Margherita)	\$4.20	☺☺
Hot Dog Lite	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.20	☺☺☺
Chicken Burger with Lettuce & Low Fat Mayonnaise	\$4.20	☺☺☺
<b>Gluten Free Hot Dog (no roll)</b>	\$3.00	☺☺GF

TASTY JAFFLES		
Baked Bean & Cheese	\$3.20	☺☺☺V
Spaghetti	\$2.80	☺☺☺V
Cheese	\$2.80	☺☺☺V
Ham (97% Fat Free & Cheese)	\$3.70	☺☺☺

MRS MACS GOOD EATING RANGE		
Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG No Added Preservatives, or Artificial Colours		
100% Vegetable Pastie	\$4.00	☺☺ V
Beef Pie	\$4.00	☺☺
Sausage Roll	\$3.00	☺☺
Potato Top Pie	\$4.00	☺☺
<b>Tomato Sauce</b>	\$0.30	☺☺

SNACKS		
Cobs Popcorn Sea Salt or Slightly Sweet	\$1.50	☺☺GF
JJ's Chicken Crackers	\$1.50	☺☺
Red Rock Chips Honey/Soy	\$1.50	☺☺
Red Rock Chips Sea Salt	\$1.50	☺☺GF
Home Style Cookies	\$2.00	☺☺
Gingerbread	\$1.50	☺☺
Ovalteenies	\$1.20	☺☺
Fruit Jelly In Slime	\$1.50	☺☺GF
Yoghurt Frogs (5 for \$1.00)	\$1.00	☺☺

TERM 1 & 4 ONLY		
Fruit Salad Tub	\$3.00	☺☺☺V
Frozen Watermelon Wedge	\$0.60	☺☺☺GF

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- GF Gluten Free
- V Denotes Vegetarian

SUPER SANDWICHES, ROLLS & WRAPS			
All sandwiches made from wholemeal, multigrain and white bread			
		<b>Sandwich</b>	<b>Roll or Wrap</b>
Vegemite	\$2.20	\$2.80	☺☺☺ V
Cheese	\$2.40	\$3.00	☺☺☺ V
Egg & Lettuce	\$2.80	\$3.20	☺☺☺ V
Ham (97% fat free)	\$3.00	\$3.70	☺☺
Ham (97% fat free) & Salad	\$4.00	\$4.65	☺☺☺
Tuna & Salad	\$4.00	\$4.70	☺☺☺
Roast Chicken	\$3.50	\$4.20	☺☺☺
Roast Chicken & Salad	\$4.50	\$5.10	☺☺☺
Salad (Lettuce, Cheese, Tomato, Beetroot, Carrot & Cucumber)	\$3.60	\$4.20	☺☺☺ V
<b>JUMBO Wrap Chicken- 2 Chicken Tenders, Lettuce Lite Slice Cheese &amp; Salsa</b>	\$6.30		☺☺☺
<b>Sweet Chilli Twister Wrap- 2 Chicken Tenders, Lettuce, Tomato, Sweet Chilli Sauce &amp; Lite Mayo</b>	\$6.30		☺☺☺

SALAD PACKS		
Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Beetroot and Egg GF	\$6.60	☺☺☺ V
Salad Box (Deluxe)	\$7.60	☺☺☺ V
All Of The Above + Ham, Chicken or Tuna		

**If your child has any food allergies please mark very clearly on lunch bag**

EXTRAS		
Lunch Bags	\$0.10	
Salad Dressing	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺

DRINKS		
600ml Water	\$2.00	☺☺☺
250ml Milk (Low Fat)	\$2.50	☺☺☺
Chocolate, Strawberry		
<b>Aqua Fruits Flavoured Springwater</b>		
Cola, Blue Heaven or Apple/Raspberry	\$2.50	☺☺
<b>100% Fruit Juice 250ml</b>	\$2.50	☺☺☺
Orange, Apple or Tropical		

FROZEN TREATS AND SNACKS		
Frozen 100% Juice Tubes GF	\$1.20	☺☺☺
<b>Frozen Skim Milk Tubes</b>		☺☺☺
Chocolate or Blue	\$1.50	
Streets Paddle Pops	\$1.80	☺☺
Streets Choc Shake Cup	\$2.20	☺☺
Frozen Pineapple UFO's GF	\$0.60	☺☺☺
Frozen Yoghurt Tubs Strawberry	\$2.20	☺☺☺

**Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices**



**OPEN EVERY DAY**

\*\*\*\*\*LUNCHES MUST BE ORDERED ONLINE\*\*\*\*\*

[www.munchmonitor.com](http://www.munchmonitor.com)

*Please be aware food items may contain nuts, traces of nuts, nut products or processed on the same equipment that has processed nut products.*

EFFECTIVE FROM TERM 1 2017