

BELLDROOK CATERING



CRANBOURNE EAST PRIMARY

CANTEEN MENU

Open Everyday

Lunches must be ordered on line www.munchmonitors.com.au

HEARTY HOT FOOD

Lasagna 97% fat free	\$4.20	⊙⊙⊙⊙
Macaroni Cheese 97% fat free	\$4.20	⊙⊙⊙⊙
Chicken Fried Rice	\$4.20	⊙⊙⊙⊙
Dim Sims Steamed	\$1.00	⊙⊙⊙⊙
Potato Scallop - recess only	\$1.00	⊙⊙
Chicken crumbed tender	\$2.00	⊙⊙GF
Hot Dog	\$3.60	⊙⊙
Beef Burger with Lettuce and Sauce	\$4.20	⊙⊙⊙⊙
Chicken Burger with Lettuce & Low Fat Mayo	\$4.20	⊙⊙⊙⊙
Gluten Free Hot Dog (no roll)	\$3.00	⊙⊙GF
Chicken Breast Nugget - Bag of 3	\$3.00	⊙⊙
Chicken Breast Nugget - Bag of 6	\$5.00	⊙⊙
Corn Cobbette	\$1.00	⊙⊙⊙⊙
100% Vegetable Pastie	\$4.20	⊙⊙ V
Good Eating Beef Pie	\$4.20	⊙⊙
Good Eating Sausage Roll	\$3.20	⊙⊙
Good Eating Potato Top Pie	\$4.20	⊙⊙
Good Eating Snack Party Pie	\$1.00	⊙⊙

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES

Baked Bean and Cheese	\$3.40	⊙⊙⊙⊙ V
Spaghetti	\$3.00	⊙⊙⊙⊙ V
Cheese	\$3.00	⊙⊙⊙⊙ V
Ham and Cheese	\$4.00	⊙⊙⊙⊙

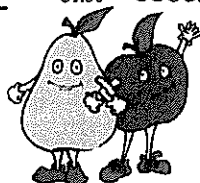


Login to MunchMonitor

SPECIAL SNACKS

Cobs popcorn, Sea Salt or Slightly Sweet	\$1.50	⊙⊙GF
JJ's Chicken Crackers	\$1.50	⊙⊙
Red Rock Chips Honey/Soy	\$1.50	⊙⊙
Chips Sea Salt	\$1.50	⊙⊙GF
Home Style Cookies	\$2.00	⊙⊙
Gingerbread	\$1.50	⊙⊙
Yoghurt Frogs (5 pack)	\$1.00	⊙⊙
Ovalteenies	\$1.20	⊙⊙
Homemade Mini Muffin	\$0.80	⊙⊙
Veggie Cup with Dip	\$2.00	⊙⊙⊙GF
Seasonal Fruit Cup	\$2.00	⊙⊙⊙GF
Jelly Cup with Fruit	\$1.50	⊙⊙⊙GF

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



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

SUPER SANDWICHES AND SALADS

Sandwich		
Vegemite	\$2.10	⊙⊙⊙⊙ V
Cheese	\$2.30	⊙⊙⊙⊙ V
Ham (97% fat free)	\$3.00	⊙⊙
Ham (97% fat free) and Salad	\$4.00	⊙⊙
Ham & Cheese	\$3.50	⊙⊙
Tuna & Salad	\$4.00	⊙⊙⊙⊙
Roast Chicken	\$3.50	⊙⊙⊙⊙
Roast Chicken & Salad	\$4.50	⊙⊙⊙⊙
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50	⊙⊙⊙⊙ V
Egg & Lettuce	\$2.80	⊙⊙⊙⊙ V
Rolls or Wraps extra	\$0.60	
All sandwiches on wholemeal bread		
Wholegrain bread available on request		
FRESH MADE SALAD BOXES		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50 Regular	⊙⊙⊙GF
Add beetroot	\$0.50	
Add egg	\$0.50	
Add Tuna, chicken or ham	\$1.00	

EXTRAS

Salad Dressing Tub	\$0.50	⊙⊙
Tomato Sauce	\$0.30	⊙⊙
LUNCH BAGS	\$0.20	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

600ml Water	\$2.00	⊙⊙⊙GF
250ml Milk (Low Fat)	\$2.50	⊙⊙⊙GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.50	⊙⊙⊙GF
Orange or Apple		
Aqua Fruits Flavoured Springwater	\$2.50	⊙⊙GF
Cola, Blue Heaven or Apple Raspberry		

FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	⊙⊙⊙GF
Frozen Skim Milk Tubes	\$1.50	⊙⊙⊙GF
Chocolate or Blue		
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	⊙⊙⊙GF
Frozen Yoghurt Tubs Strawberry	\$2.20	⊙⊙⊙GF
Streets Choc Shake Cup	\$2.20	⊙⊙
Streets Paddle Pop	\$2.00	⊙⊙

TURN OVER FOR OUR SPECIAL MEAL DAYS

EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	⊙⊙⊙
Mini Muffin		
Water		

EFFECTIVE FEBRUARY 2018

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE CLEARLY MARK THE BAG

These meals are available every Monday and Wednesday

Online Ordering Only

SUMMER SPECIALS TERM 1 and 4

MAGNIFICENT MONDAY \$5.00

Chicken Nuggets and Salad
Homemade Mini Muffin
Water

WONDERFUL WEDNESDAY \$5.00

Chicken Tender Wrap (lettuce and mayo)
Homemade Mini Muffin
Water

WINTER SPECIALS TERM 2 and 3

MAGNIFICENT MONDAY \$5.00

Homemade Penne Pasta Bolognese with Cheese
Homemade Mini Muffin
Water

WONDERFUL WEDNESDAY \$5.00

Homemade Nacho Box
(Salsa, cheese, sour cream on side)
Homemade Mini Muffin
Water

START OF THE YEAR

Please ensure that you update your child's Home Group on the Munch Monitor system at the beginning of each new school year to ensure that they receive their order!

You will be unable to place an order until your child's home group is updated.

ORDERING WITH MUNCH MONITOR

Ordering with Munch Monitor

- ✓ Place lunch orders online up to 4 weeks in advance
- ✓ Top-up your account online using Visa or MasterCard
- ✓ Access online account statements
- ✓ List allergies to alert canteen staff during account sales

To access Munch Monitor to create your profile:

- ✓ Go to www.munchmonitor.com
- ✓ Enter: Username: **craneastps**
- ✓ Enter Password: **munch3977**
- ✓ Click: **Login**
- ✓ Click: **Sign up**

NEED HELP?

Send an email to
help@munchmonitor.com

or

Call Munch Monitor on
1300 796 190

YOU WILL NEED TO CREATE AN ACCOUNT BEFORE YOU CAN PLACE AN ORDER

Follow these easy steps to create your account:

- ✓ Create a **Parent Profile**
- ✓ Add your **Students** to your account
- ✓ Click on **Account Top-Up** to transfer money into your account
You'll be directed to ANZ's secure eGate website
- ✓ You're ready to **use your online account**

NOTE:

Orders must be placed or cancelled by 9.05am each day.

Orders cannot be placed for the current day after this time.

Munch Monitor costs \$3.30 per Family Account per term (irrespective of the number of students on your account or how many times you place orders).

This is an administration fee charged by Munch Monitor. It is NOT a school fee.