CRANBOURNE EAST PRIMARY CANTERBURY MENU 2016

YUMMY TUMMY HOT FOOD

Lasagna 97% fat free  $4.20
Macaroni & Cheese 97% fat free  $4.20
Fried Rice  $3.90
Din Sim Sesame  $1.00
Potato Skins (2 or 3 serves only)  $1.50
Chicken crumbed tender  $1.60
Pizza Ham & Pineapple  $3.50
Hot Dog 97% Fat Free  $3.50
Beef Burger with Lettuce and Sauce  $4.20
Chicken Burger with Lettuce & Low Fat Mayo  $4.00
Gluten Free Hot Dog (no roll)  $2.65

TASTY JAFFLES

Baked Bean & Cheese  $3.20
Spaghetti  $2.80
Cheese (Lite)  $2.80
Ham 97% Fat Free & Cheese (Lite)  $3.70

MRS MAC'S GOOD EATING RANGE

Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG
No Added Preservatives, or Artificial Colours

100% Vegetable Parie  $4.00
Beef Pie  $4.00
Sausage Roll  $3.00
Potato Top Pie  $4.00
Tomato Sauce  $0.30

SNACKS

Coke Popcorn Sea Salt or Slightly Sweet  $1.50
J/J Chicken Creations  $1.40
Red Rock Chips Honey Soy  $1.40
Red Rock Chips Sea Salt  $1.40
Home Style Cookies  $1.60
Gingerbread  $1.50
Ovals  $0.95
Fruit Jelly in Slipline  $1.60
Yoghurt Pops  20c
Ice Cream  65c

TERM 1 & 4 ONLY

Fruit Salad Tub  $3.00
Frozen Watermelon Wedge  $0.60

FROZEN TREATS AND SNACKS

Frozen 100% Juice Tubes GF  $1.00
Frozen Skim Milk Tubes  $1.00
Chocolate or Blue  $1.20
Streets Paddle Pops  $1.60
Streets Choc Shake Cup  $2.20
Frozen Pineapple UFO's GF  $0.60
Frozen Yoghurt Tubs Strawberry  $2.10

SUPER SANDWICHES, ROLLS & WRAPS

All sandwiches made from wholemeal, multigrain and white bread

Roll or Wrap

Sandwich  $2.20
Vegemite  $2.00
Cheese (Lite)  $2.40
Egg & Lettuce  $2.60
Ham (97% fat free)  $3.00
Ham (97% fat free) & Salad  $4.00
Tuna  $3.00
Tuna & Salad  $4.00
Roast Chicken  $3.50
Roast Chicken & Salad  $4.50
Salad (Lettuce, Cheese, Tomato, Beetroot, Carrot & Cucumber)  $3.60
Large Wrap Chicken & Salad  $6.30
Sweet Chili Turkey Wrap  $6.20

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

EXTRAS

Salad Dressing - Choice Mayo, Frensoh or Italian  0.55
Lunch Bags  10c

WRAP PACKS DEALS

VALUE PACK 1
Medium BBQ Chicken Wrap  $7.30
Choice 100% Fruit Juice or Low Fat Milk
plus a 100% Frozen Fruit Tube

VALUE PACK 2
Medium Salad Sensation Wrap  $7.30
Choice 100% Fruit Juice or Low Fat Milk
plus a 100% Frozen Fruit Tube

DRINKS

600ml Water  $1.50
500ml Milk (Low Fat)  $2.40
Chocolate, Strawberry

Aqua Fruits Flavoured Springwater Cola, Blue

Heaven or Apple Raspberry

100% Fruit Juice

Orange, Apple or Tropical

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

OPEN EVERY DAY

(Subject to Chance)

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

Every Day Foods (eat most)
Select Carefully foods (eat moderately)
Denotes Vegetarian

www.munchmonitor.com

******LUNCHES MUST BE ORDERED ONLINE******
✓ place lunch orders online up to 4 weeks in advance
✓ top-up your account online using VISA/MasterCard (or with cash at the canteen)
✓ access online account statements
✓ list allergies to alert canteen staff during account sales

It’s quick & easy!
- go to www.munchmonitor.com
- enter Username: craneastps
- enter Password: munch3977
- click Login
- click Sign up

Follow the 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!

Thousands of parents are enjoying the convenience of MunchMonitor every day. Here’s what some have to say:

“I think this has to be one of the greatest things to be introduced to the school... thank-you!!”

“I like knowing my son has options that will mean he is eating enough during the day”

“Absolutely love the fact that you don’t have to give them money to take to school”

“I don’t have to worry about them forgetting to put their lunch orders in”

MunchMonitor costs $2.50 per Family Account per term (irrespective of the number of students on your account or how many times you place orders). This fantastic service also makes life so much easier for our canteen staff and volunteers so why not give it a go and see how easy it is.

Send an email to help@munchmonitor.com