MAPS CANTEEN MENU
Term 4, 2013

Watch the school bulletin for new menu items or changes.
Write your name and grade CLEARLY. No staples, tape or gladwrap. Paper bags 10c.
PLEASE INFORM US ABOUT ANY ALLERGIES eg: peanuts. Thank you.

ALL HOME MADE

Monday, Tuesday & Wednesday ONLY

**SALAD BOX** – lettuce, tomato, cucumber, carrot & beetroot $4.00
With egg .50c
With cheese .50c
With mayonnaise (squeeze pack) .30c

**WRAP** – Chicken, lettuce, avocado & mayonnaise $5.00

**SALAD WRAP** – lettuce, tomato, cucumber, carrot & sprouts $4.00

Tuesday ONLY

**PIZZA** – Margherita or Hawaiian $4.00

Friday ONLY

**SUSHI** – Salmon & avocado, tuna, BBQ chicken or vegetarian $2.70
Soy sauce .10c

**PASTA**

Monty Twirls $3.50
Vegetarian tomato napoli sauce with cheese
Corn on the cob $1.00

**SNACKS**

Piece of fruit (seasonal) $1.00
Celery stick .50c
Carrot stick .50c

**HOMEMADE MUFFINS**

Various fruit varieties:
blueberry, banana or mixed berry
Large $1.00
Mini .30c
Made with 1/2 wholemeal and 1/2 white flour

SANDWICHES & ROLLS

Can be ordered on low GI hi fibre white or wholemeal from Bakers Delight

S’Wich Roll
Vegemite or honey $2.50 $3.00
Cheese $2.70 $3.00
Tomato $2.70 $3.00
Ham or tuna $3.50 $4.00
Ham, cheese & tomato $4.00 $4.50
Cheese and salad $4.00 $4.50
Egg $3.50 $4.00
Ham and salad $4.50 $5.00
Tuna and salad $4.50 $6.00
Salad – lettuce, tomato, cucumber, carrot & beetroot $3.50 $4.00

EXTRAS

Toasted .20c
Cheese .50c
Mayonnaise .10c

FROZEN TREATS & DRINKS

Frozen pineapple .60c
Frozen yoghurt tub – Low fat (mango or strawberry) $1.50
Spring water $1.00
Low fat ‘Nippys’ milk (chocolate or strawberry) $2.00
Extra Juicy – Orange juice or Apple $1.50

* Please note there may be traces of nuts in some products.
**MAPS Canteen Menu**  
**Term 4, 2013**

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**HOT Food**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Party pie</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken nuggets (3 per serve)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hot dog</td>
<td>$3.00</td>
</tr>
<tr>
<td>Steamed dim sim</td>
<td>.80c</td>
</tr>
<tr>
<td>Sausage roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>.20c</td>
</tr>
</tbody>
</table>

**DRINKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quench mineral water, 350ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Lemon/lime, apple/raspberry</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**FROZEN TREATS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quelch stick</td>
<td>.50c</td>
</tr>
<tr>
<td>Icy poles</td>
<td>$1.00</td>
</tr>
<tr>
<td>Billabong</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**SNACKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Rock Deli chips*</td>
<td>$1.20</td>
</tr>
<tr>
<td>Sea Salt or Honey Chicken &amp; Soy</td>
<td>$1.20</td>
</tr>
<tr>
<td>Go-cookie (low fat)*</td>
<td>$1.00</td>
</tr>
<tr>
<td>Ginger bread*</td>
<td>$1.50</td>
</tr>
<tr>
<td>Salt &amp; vinegar popcorn</td>
<td>$1.20</td>
</tr>
</tbody>
</table>

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