

Milton Public School Summer Canteen Lunch Menu Term 4, 2022

Milton Public School Canteen is a "Healthy School Canteen" with a minimum of 75% of 'everyday foods' (*) included on every menu.

BEFORE SCHOOL

- * Fresh Fruit
- * Toast



free
free

SNACKS available at RECESS ONLY

- * Pasta Cups \$1.50
- * Pizza bread slice \$1.50

SNACKS Available at RECESS & LUNCH

- * Fresh Fruit—prices will vary with season (Red/green apple, orange, mandarin, pear, banana)
- * Slinky apples (your apple-free) or Buy an apple \$1.00
- * Fresh Fruit Salad Cup (seasonal) \$1.50
- * Watermelon Cup \$1.00
- * 5 Finger Snack with Hommus \$2.00 (sticks of carrot, celery, cucumber, apple, low fat cheese)
- Mini Muffins (vanilla or fruit) .50c
- * Wholemeal Cracker Biscuits (each) .10c
- * 5 Cracker Biscuits & Cheese \$1.50 (5 pieces—Wholemeal biscuit & low fat cheese)
- Red Rock Deli Chips (Sea Salt) \$1.50
- Grainwaves (Sour Cream and Chives) \$1.50
- * Popcorn—plain (air popped) \$1.00
- * Garlic Bread \$1.00
- * Cheesy Garlic Bread \$1.50
- * Custard Cup \$1.00



FROM THE FREEZER

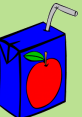
Available at LUNCH ONLY

- * Quelch Fruit Juice Tubes \$1.00
- * Frozen Pineapple Ring .50c
- * Tropical Slushy (variety of flavours) \$2.00
- * Milo Pops .50c
- * Moosies (Blue or Choc) \$1.50c
- * Juicies Tubes \$1.50 (Wild Berry, Tropical, Lemonade, Orange)
- * Ice Mony (TNT)—Freeze Pops \$1.00 (Chocolate, Lemon, Sour Red Berry, Sour Strawberry, Sour Watermelon, Sour Blue Raspberry)
- Twisted Frozen Yoghurt \$2.00 (Choc/Vanilla, Strawberry/Vanilla, Mango/Watermelon)

DRINKS

Available BEFORE SCHOOL, RECESS & LUNCH

- * Bottled Spring Water (600ml) \$1.30
- * Juice (250ml) \$2.00 (Apple & Blackcurrant, Apple, Orange)
- * Moove Milk—reduced fat (300ml) \$2.00 (Chocolate or Strawberry)
- * Cold Milo (reduced fat milk) \$1.50
- * Milk Cup (reduced fat) \$1.00
- * Sipahh Straw with milk \$1.50 (Variety of flavours)
- * Juice Bombs (Watermelon, Apple/Raspberry, Grape, Orange/Passionfruit, Apple/Blackcurrant, Apple/Coola, Vanilla/Lime) \$2.50
- * Glee Juice Bubbles (Tropical, Raspberry, Bubblegum/Grape, Blackcurrant, Sour Watermelon, Sour Blueberry) \$2.50
- * Up & Go (Choc, Strawberry, Banana, Vanilla) \$2.00
- * Dairy Free Up & Go (chocolate) \$2.00



SKIP THE CANTEEN LINE WITH



1. DOWNLOAD THE MY SCHOOL CONNECT APP



2. SELECT MY SCHOOL TUCKSHOP



3. ORDER YOUR LUNCH



4. SKIP THE QUEUE!



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MY SCHOOL CONNECT HAS A 7 DAY A WEEK SUPPORT LINE. CONTACT 1300 030 915

Online Ordering

When ordering online make sure you look for the order confirmation



Your Order Has Been Processed!

These prices are valid from Monday 10th October

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SALAD

- * Salad Bowl **\$3.50**
(Fresh Garden Salad)
- * Creamy Pasta Salad Bowl **\$3.50**
(Pasta, mayo, carrot, celery, capsicum)
Add Chicken or Tuna or Ham **Add \$1.00**

SANDWICH OR ROLL OR WRAP

	Sandwich	Roll or Wrap
* Salad	\$4.00	\$4.50
* Salad & Chicken	\$5.00	\$5.50
* Salad & Ham	\$5.00	\$5.50
* Salad & Tuna	\$5.00	\$5.50
* Salad & Egg	\$5.00	\$5.50
* Salad & Cheese	\$4.50	\$5.00
* Chicken, Lettuce & Mayo	\$4.50	\$5.00
* Ham & Cheese	\$4.00	\$4.50
* Ham, Cheese & Tomato	\$4.00	\$4.50
* Egg, Lettuce & Mayo	\$4.50	\$5.00
* Vegemite & Cheese	\$3.50	\$4.00

Why not have your sandwich or wrap toasted — add 30c

Please select from White, Wholemeal or Wholegrain bread, roll or wrap

- * **Gluten Free Bread** available - add \$1.00 per sandwich
- * **Our Oven Roasted sliced chicken** is Gluten Free

MONTHLY MEAL DEALS NOW AVAILABLE. CHECK THE WEEKLY PARENT NEWS FOR DETAILS.

AVAILABLE THROUGH MY SCHOOL CONNECT ONLINE ORDERING OR ORDER AT THE CANTEEN.



HOT FOOD Lunch orders only

- Fish Burger **\$5.00**
(crumbed fish fillet, lettuce, mayo)
- Chicken Burger **\$5.00**
(crumbed chicken, lettuce, BBQ or tomato sauce or mayo)
- Chicken Tenderloin Wrap **\$4.50**
(crumbed chicken tenderloin, lettuce & mayo)
- Mini Beef Pie (lite) **\$1.50**
- Sausage Roll **\$3.00**
- 4 Chicken Dippers **\$4.00**
- * Ham and Cheese Pizza Single **\$4.50**
(Pasta sauce, ham and low fat cheese on thin crust)
- * Ham, Cheese & Pineapple Pizza Single **\$4.50**
(Ham & Cheese pizza single with pineapple)
- * Beef Lasagne **\$4.00**
- * Beef Lasagne (Gluten Free) **\$4.50**
- * Fried Rice (Gluten Free) **\$4.00**
- * Mac & Cheese **\$4.00**
- * Mac & Cheese (Gluten Free) **\$4.50**
- * Meatball Sub **\$5.00**
(Meatballs in Bolognese sauce & cheese)
- * Sauce (Tomato, BBQ, Sweet & Sour) **.40c**

CANTEEN HELPERS

If there are any parents, grandparents or friends, who may have a couple of hours to spare, who would like to assist in the canteen could you please contact Bec either at the canteen or by phoning the school on 44551504. Volunteers usually help from 9:30am to 1:40pm, though we would appreciate any time you can spare. The roster is usually on a 4 week cycle Parents are reminded of their day in the weekly Parent News.

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