

ST HILDA'S JUNIOR SCHOOL MEZZE SPRING/SUMMER MENU

EVERY DAY

| Wholemeal or High Fibre White | SANDWICHES | WRAPS |
|-------------------------------|------------|--------|
| * • Chicken | \$4.30 | \$4.80 |
| * • Ham | \$4.00 | \$4.40 |
| * • Tuna | \$4.00 | \$4.40 |
| * (V) • Cheese | \$4.00 | \$4.40 |
| * • Egg (Plain or Mayo) | \$4.00 | \$4.40 |
| * • Curried Egg | \$4.00 | \$4.40 |
| * (V) • Salad | \$4.00 | \$4.40 |
| * • Vegemite | \$3.00 | \$3.30 |

EXTRAS

| | |
|---|--------|
| (V) • Salad \$1.40 Cheese \$1.20 Beetroot .50c Gherkin .50c | |
| (V) • Spinach & Ricotta Roll 140g | \$4.50 |
| * (V) • Salad Tray (with egg & cheese) | \$5.00 |
| - Extra Chicken, Tuna or Ham | \$1.50 |
| * • Chicken, Cream Cheese & Lettuce Bagel | \$5.80 |
| * (GF) • Gluten Free Pasta & Sauce | \$5.50 |
| * (GF) • Gluten Free Beef Pie 175g | \$5.50 |
| • Sushi (Chicken & Tuna) 3 PIECE: \$4.50 5 PIECE: \$5.50 | |

HELP NEEDED. The canteen requires volunteers from 9.00am to help pack the meals so they are ready for the children. We will provide lunch for you or your child as a token of our thanks.

(V) Vegetarian (GF) Gluten Free

* Prepared Fresh On-site

RECESS EXCLUSIVES

| | |
|--|--------|
| Yoghurt (Tamar Valley 170g) NO ADDED SUGAR | \$3.50 |
| • Greek Style / • Mango / • Strawberry / • Blueberry | |
| * • Toasted Cheesy | \$2.00 |
| * • Banana Bread | \$2.00 |
| • Turkish Bread | \$1.00 |
| • Dips (Spicy Capsicum or Avocado) | \$2.00 |
| • Sushi (Chicken & Tuna) 3 PIECE: \$4.50 5 PIECE: \$5.50 | |

SNACKS

| | |
|---|--------|
| • Whole Fruit | \$1.00 |
| • Fruit Wedge | .50c |
| • Water Cracker Biscuits (Pack of 2) | .50c |
| • Cheese Portion 20g | \$1.10 |
| Yoghurt (Tamar Valley 170g) NO ADDED SUGAR | \$3.50 |
| • Mango • Berries | |
| • Dried Fruit Packs 37g (Apple Sultana / Apricot Sultana) | \$2.00 |
| • Popcorn (Air Popped) 25g | \$2.00 |
| (GF) • Rice Snacks 20g | \$1.00 |
| (GF) • Piranha Snaps 25g | \$2.20 |
| • Bread Pretzel 75g | \$2.50 |

THIRST QUENCHERS

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|--------------------------------------|--------|
| • Just Juice – Apple or Orange 200ml | \$2.00 |
| • Choc Chill – Small 300ml | \$2.50 |
| • Plain Milk – Small (HiLo) 225ml | \$2.00 |
| • Spring Water 600ml | \$2.00 |
| • V8 Juice | \$3.00 |

DAILY SPECIALS

ADD A FRESH GARDEN SALAD TO YOUR DAILY SPECIAL FOR JUST \$1.40

MONDAY

| | |
|---|--------|
| * • Nachos (Beef Mince Served with Corn Chips) | \$5.00 |
| Sour Cream | .50c |
| * (V) • Dip and Nibble Box - Carrot sticks with either avocado or capsicum dips, cheese and crackers and fruit. | \$5.50 |
| (V) • Vegetarian Rice Paper Rolls (4 per serve) | \$5.00 |

TUESDAY

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|---------------------------------|--------|
| * • Creamy Chicken Pasta Salad | \$5.50 |
| * (V) • Toasted Cheese Sandwich | \$4.50 |
| Cheese & Tomato | \$5.00 |
| Cheese & Ham | \$5.50 |

WEDNESDAY

| | |
|---------------------------------------|--------|
| * • Pizza (Hawaiian, Supreme, Cheese) | \$5.00 |
| * • Sausage Roll | \$4.50 |
| Tomato Sauce | .50c |

THURSDAY

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|---|--------|
| * • Spaghetti Bolognese | \$5.50 |
| * (V) • Veggie Burger | |
| (Swiss Cheese, Mesclun Lettuce, Tomato Sauce) | \$6.00 |
| No Sauce | \$6.00 |

FRIDAY

| | |
|---------------------------------|--------|
| * • Macaroni Cheese | \$6.00 |
| * • Sweet and Sour Chicken Rice | \$6.00 |

• Green / Healthiest Choices • Amber / Select Carefully