

# ST HILDA'S JUNIOR SCHOOL MEZZE SPRING/SUMMER MENU

## EVERY DAY

Wholemeal or High Fibre White	SANDWICHES	WRAPS
* •Chicken	\$4.50	\$5.00
* •Ham	\$4.10	\$4.60
* •Tuna	\$4.10	\$4.60
* (V) •Cheese	\$4.10	\$4.60
* •Egg (Plain or Mayo)	\$4.10	\$4.60
* •Curried Egg	\$4.10	\$4.60
* (V) •Salad	\$4.10	\$4.60
* •Vegemite	\$3.10	\$3.40

## EXTRAS

(V) •Salad \$1.40 Cheese \$1.20 Beetroot .50c Gherkin .50c	
(V) •Spinach & Ricotta Roll 140g	\$4.70
* (V) •Salad Tray (with egg & cheese)	\$5.20
- Extra Chicken, Tuna or Ham	\$1.50
* •Chicken, Cream Cheese & Lettuce Bagel	\$6.00
* (GF) •Gluten Free Pasta & Sauce	\$5.70
•Sushi (Chicken & Tuna) 3 PIECE: \$4.70 5 PIECE: \$5.70	

**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 •Green / Healthiest Choices •Amber / Select Carefully

## RECESS EXCLUSIVES

Yoghurt (Tamar Valley 170g) NO ADDED SUGAR	\$3.60
•Greek Style / •Mango / •Strawberry / •Blueberry	
* •Toasted Cheesy	\$2.10
* •Banana Bread	\$2.10
•Turkish Bread	\$1.00
•Dips (Spicy Capsicum or Avocado)	\$2.10
•Sushi (Chicken & Tuna) 3 PIECE: \$4.70 5 PIECE: \$5.70	

## SNACKS

•Whole Fruit	\$1.00
•Fruit Wedge	.50c
•Water Cracker Biscuits (Pack of 2)	.50c
•Cheese Portion 20g	\$1.20
Yoghurt (Tamar Valley 170g) NO ADDED SUGAR	\$3.60
•Mango •Berries	
•Dried Fruit Packs 37g (Apple Sultana / Apricot Sultana)	\$2.00
•Popcorn (Air Popped) 25g	\$2.10
(GF) •Rice Snacks 20g	\$1.10
(GF) •Piranha Snaps 25g	\$2.30
•Bread Pretzel 75g	\$2.60

## THIRST QUENCHERS

•Just Juice – Apple or Orange 200ml	\$2.10
•Choc Chill – Small 300ml	\$2.60
•Plain Milk – Small (HiLo) 225ml	\$2.10
•Spring Water 600ml	\$2.10
•V8 Juice	\$3.10

## DAILY SPECIALS

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

### MONDAY

* •Nachos (Beef Mince Served with Corn Chips)	\$5.20
Sour Cream	.50c
* (V) •Dip and Nibble Box - Carrot sticks with either avocado or capsicum dips, cheese and crackers and fruit.	\$5.70
(V) •Vegetarian Rice Paper Rolls (4 per serve)	\$5.20

### TUESDAY

* •Creamy Chicken Pasta Salad	\$5.70
* (V) •Toasted Cheese Sandwich	\$4.70
Cheese & Tomato	\$5.20
Cheese & Ham	\$5.70
•Beef Pie	\$4.70
Tomato Sauce	.50c

### WEDNESDAY

* •Pizza (Hawaiian, Supreme, Cheese)	\$5.20
* •Sausage Roll	\$4.70
Tomato Sauce	.50c

### THURSDAY

* •Spaghetti Bolognese	\$5.70
* (V) •Veggie Burger	
(Swiss Cheese, Mesclun Lettuce, Tomato Sauce)	\$6.20
No Sauce	\$6.20

### FRIDAY

* •Macaroni Cheese	\$6.20
* •Sweet and Sour Chicken Rice	\$6.00