

# ST HILDA'S JUNIOR SCHOOL MEZZE WINTER MENU 2019

## 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	\$3.50

## 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	\$1.60
* • Chicken, Cream Cheese & Lettuce Bagel	\$6.00
* (GF) • Gluten Free Pasta & Sauce	\$5.50
• Sushi (Chicken & Tuna) 3 PIECE: \$4.70 5 PIECE: \$6.20	

**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

* • Half Toasted English Muffin with Vegemite	\$1.00
Yoghurt (Tamar Valley 170g) NO ADDED SUGAR	\$3.60
• Greek Style / • Mango / • Strawberry / • Blueberry	
* • Toasted Cheesy	\$2.10
* • Pizza Slice	\$2.60
* • Banana Bread	\$3.10
* • Muffins (Fruit or Savoury)	\$2.10
• Scone (Fruit or Savoury)	\$2.10

## 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	\$3.60
• Greek Style / • Mango / • Strawberry / • Blueberry	
• Dried Fruit Packs 20g (Apple, Apricot, Sultana, Pear)	\$2.10
• Popcorn (Air Popped) 25g	\$2.00
• Rice Snacks 20g	\$1.10
(GF) • Piranha Snaps 25g	\$2.30
(GF) • 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

• Lean Beef Pie (Mrs Mac's Good Eating Range)	\$4.70
* (V) • Vegetarian Rice Paper Rolls (4 per serve)	\$5.20
• Sweet Chilli Sauce	.50c

### TUESDAY

* (V) • Nachos	\$5.20
Sour Cream	.50c
• Sausage Roll (Mrs Mac's Good Eating Range)	\$4.70
• Sauce	.50c

### WEDNESDAY

* • Tuna Pasta Bake	\$5.20
* • American Hotdog with Sauce (100% Beef)	\$5.70
without Sauce	\$5.20

### THURSDAY

* (V) • Toasted Cheese Sandwich	\$4.70
Cheese & Tomato	\$5.20
Cheese & Ham	\$5.70
* (V) • Mac & Cheese	\$6.20

### FRIDAY

* • Veggie Fried Rice + Spring Rolls	\$6.20
* Cheese Burger:	
Beef Pattie, Cheese, Lettuce & Tomato Sauce	\$6.20
No Sauce	\$6.20

• Green / Healthiest Choices • Amber / Select Carefully