

ST HILDA'S JUNIOR SCHOOL MEZZE WINTER MENU 2018

EVERY DAY

Wholemeal or High Fibre White	SANDWICHES	WRAPS
Chicken	\$4.30	\$4.80
Ham	\$4.00	\$4.40
Tuna	\$4.00	\$4.40
Cheese	\$4.00	\$4.40
Egg (Plain or Mayo)	\$4.00	\$4.40
Curried Egg	\$4.00	\$4.40
Salad	\$4.00	\$4.40
Vegetemite	\$3.00	\$3.30

EXTRAS

Salad \$1.40 Cheese \$1.20 Beetroot .50c Gherkin .50c

✓ Spinach & Ricotta Roll	\$4.50
✓ Salad Tray (with egg & cheese)	\$5.00
- Extra Chicken, Tuna or Ham	\$1.50
Chicken, Light Cream Cheese & Lettuce Bagel	\$5.80
GF Gluten Free Pasta & Sauce	\$5.50
GF Gluten Free Beef Sausage Roll	\$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.

✓ Vegetarian GF Gluten Free

RECESS EXCLUSIVES

Toasted Cheesy (Low Fat)	\$2.00
Pizza Slice (Low Fat)	\$2.50
Cupcakes	\$2.00

SNACKS

Whole Fruit	\$1.00
Fruit Wedge	.50c
Cracker Biscuit	.50c
Cheese Portion	\$1.10
Yoghurt (Low Fat)	\$2.40
Ovalteenies	\$1.60
Small Biscuit	\$1.00
Rice Snacks	\$1.00
Piranha Snaps	\$2.20
Pretzels	\$2.50

THIRST QUENCHERS

Daily Juice – Orange/Apple	\$2.70
Just Juice – Assorted	\$2.00
Choc Chill – Small	\$2.50
Plain Milk – Small	\$2.00
Spring Water 600ml	\$2.00
Juice Bombs 100% Fruit Juice	\$2.50

DAILY SPECIALS

YOU CAN WIN FRIENDS WITH SALAD.
ADD A FRESH GARDEN SALAD TO YOUR
DAILY SPECIAL FOR JUST \$1.40

MONDAY

Lean Beef Pie (Mrs Mac's Good Eating Range)	\$5.00
✓ Vegetarian Spring Rolls (4 per serve)	\$4.80
Sweet Chilli Sauce	.50c

TUESDAY

✓ Nachos	\$5.00
Light Sour Cream	.50c
Sausage Roll (Mrs Mac's Good Eating Range)	\$4.50
Sauce	.50c

WEDNESDAY

Tuna Pasta Bake	\$5.00
American Hotdog with Sauce (100% Beef)	\$5.50
without Sauce	\$5.00

THURSDAY

✓ Toasted Cheese Sandwich	\$4.50
Cheese & Tomato	\$5.00
Cheese & Ham	\$5.50
Honey Soy Chicken & Rice	\$6.50

FRIDAY

Beef Mince & Vegetable Chow Mein with Hokkien Noodles	\$6.00
Veggie Lasagne	\$5.00