



# **Mt Compass Area School**

## **CANTEEN MENU 2017**

**QKR App NOW available online to order lunches,  
they are to be submitted by 9.30am**

**ALL other lunch orders need to be submitted by 11:00am  
in correct lunch order bags**

**\$1.00 for 20 lunch bags – available from the canteen**

**We are always looking for volunteers**



GREEN—  
BEST CHOICE



AMBER—  
SELECT CAREFULLY



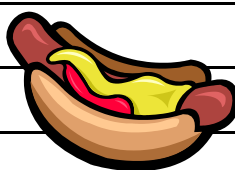
RED— TREATS

### HOT FOODS

<b>NACHOS</b> Beef, salsa sauce, corn chips, cheese and sour cream Add Guacamole	\$ 7.00 \$ 1.00
<b>FOCCACIAS</b> Ham or Chicken, cheese, avocado, semi dried tomatoes & spinach Add mayonnaise	\$ 7.50 \$ 0.20
<b>TOASTED SANDWICHES</b> Vegemite & cheese Ham & cheese Ham , cheese & tomato	\$ 3.00 \$ 4.00 \$ 4.50
<b>CHICKEN BURGER</b> – incl. lettuce, tomato & mayo	\$ 5.00
<b>CHEESEBURGER</b> – Beef patty, cheese & tomato sauce	\$ 4.50
<b>HOT SPUD</b> - cheese, coleslaw & sour cream Spaghetti bolognaise& cheese (add—bacon or beetroot 50c) Tuna mornay & cheese	\$ 5.00 \$ 7.50 \$ 7.50
<b>HOT SOUP (Term 2 &amp; 3 only)</b> Add roll	\$ 2.50 \$ 1.00
<b>SPAGHETTI BOLOGNAISE, LASAGNE</b>	\$ 4.50
<b>LASAGNE AND SALAD</b>	\$7.00
<b>HOT CHICKEN &amp; MAYO ROLL</b>	\$ 4.00
<b>HOT HAM &amp; CHEESE ROLL</b>	\$ 4.00
<b>HOT GARLIC BREAD</b>	\$ 2.20
<b>HOT CHICKEN NUGGETS</b>	.60c
<b>SPRING ROLLS</b>	.80C
<b>HOT FOODS</b>	
<b>PIZZA (small)</b> <i>Hawaiian or Ham &amp; Cheese</i>	\$ 3.50
<b>HASH BROWNS</b>	\$ 1.50
<b>CUP OF NOODLES</b> <i>Beef or Chicken</i>	\$ 3.50
<b>MEAT PIE</b> Mrs Mac's	\$ 4.20
<b>BEEF AND CHEESE PIE</b> - Mrs Mac's	\$ 4.80
<b>PASTIE</b> Mrs Mac's— meat, vegetarian	\$ 4.20
<b>SAUSAGE ROLLS</b> — Large - Mrs Mac's	\$ 4.20
<b>SAUSAGE ROLL</b> — Medium - Mrs Mac's	\$ 3.00
<b>Tomato sauce</b>	.30c
<b>HOT DOG PLAIN</b> with sauce or mustard with cheese & sauce	\$ 4.00 \$ 4.50 \$ 5.00
<b>Gluten free products are available by arrangement</b>	



Available recess and lunch





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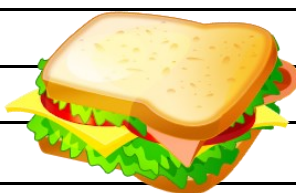


RED— TREATS


### ROLL / WRAP

BUTTERED		\$ 1.50
VEGEMITE		\$ 2.20
CHEESE		\$ 2.50
CHICKEN		\$ 3.50
HAM		\$ 3.50
EGG w CURRIED OR PLAIN		\$ 3.50
4 fillings-carrot, lettuce, tomato, cucumber	SALAD	\$ 4.10
<b>EXTRA FILLINGS FOR ROLLS,WRAPS &amp; SANDWICHES</b> <i>lettuce, beetroot, cucumber, cheese, carrot, tomato, avocado</i> <b>Spreads-mayo/mustard/sauce</b>		.50c ea .30c ea

### SANDWICHES

VEGEMITE		\$ 1.80
CHEESE		\$ 2.20
CHICKEN		\$ 3.20
HAM		\$ 3.20
EGG w CURRIED OR PLAIN		\$ 3.20
<b>SALAD PLATE</b> SMALL PLATE LARGE PLATE <b>EXTRAS</b> – Ham, Chicken or Tuna		\$ 5.50 \$ 7.00 \$ 2.00
<b>SUSHI &amp; COLD ROLLS — FRIDAYS ONLY</b> Vegetarian or Chicken		\$6.00

### DAIRY PRODUCE

<b>Farmers Union 600ml FLAVOURED MILK</b> <i>Feel Good Iced Coffee, Chocolate, French Vanilla, Cappuccino, Iced Coffee</i>		\$ 4.20
<b>Nippy's 500ML FLAVOURED MILK</b> Iced Coffee, Chocolate, Honeycomb		\$4.00
<b>Nippy's 250 ml FLAVOURED MILK</b> <i>Chocolate, Strawberry</i>		\$2.50



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RED— TREATS

### CAKES

MUFFIN – Chocolate, Choc Chip or Fruit

\$ 2.00

### CAKES

GINGER BREAD KIDS

\$ 2.20

### DRINKS

NIPPY'S WATER

600 ml  
1.5 litre

\$2.50  
\$3.00



### DRINKS

NIPPY'S FRUIT JUICE

Orange or Apple & Blackcurrant

300 ml  
500 ml

\$ 3.00  
\$ 4.00

FRUIT BOX - Orange, Tropical or Apple

\$ 1.50

NIPPY'S MINERAL WATER

Orange, apple & raspberry or Lemon & Lime

600 ml

\$ 4.00

HOT MILO (Cup)

\$ 1.50

### DRINKS

FRUIT SLUSHIE CUP

small  
large

\$2.00  
\$3.00

### ICE BLOCKS

NIPPY'S FROZEN FRUIT JUICE CUP Apple & Blackcurrant

\$ 1.20

MOOSIES FROZEN MILK Chocolate, Blueberry, Strawberry

\$ 2.00

JUICIES FRUIT TUBE ICE BLOCKS Lemonade, wildberry, orange or tropical

\$2.00

### ICE BLOCKS

ZOOPER DOOPER

\$1.00

### SNACKS

FRESH FRUIT Assorted

\$1.00

FRUIT SALAD CUPS

Medium (subject to availability)  
Large (subject to availability)

\$3.00  
\$5.00

### SNACKS

ASSORTED CHIPS/TWISTIES etc 95-100gm

\$2.50

NUTELLA or TINY TEDDIES

\$1.00

MIXED LOLLIES (50c limit for JP students)

From .05c

MAMEE MONSTER NOODLE SNACKS Chicken or BBQ

\$1.00

CHEESE AND CRACKERS

\$2.20