



Mt Compass Area School



**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 10:30am
in correct lunch order bags**

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

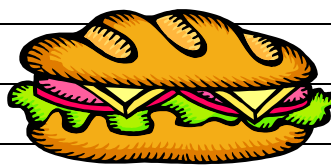
We are always looking for new volunteers!

**If you can offer even a small amount of time, we would love
to see you!**

HOT FOODS - green options: choose plenty

TOASTED SANDWICHES OR HOT POCKETS Vegemite & cheese (wholemeal only) Ham & cheese Ham , cheese & tomato	\$3.00 \$4.00 \$4.50
CHICKEN BURGER – <i>incl. lettuce, tomato & mayo</i>	\$5.00
BUILD YOUR OWN HOT SPUD - spud only Add: beetroot, sour cream, cheese Add: bacon, guacamole, coleslaw Tuna mornay (includes spud and cheese)	\$3.50 \$0.50 each \$1.00 each \$6.50
CHICKEN NUGGET PACK — 3 chicken nuggets, toss salad, corn cobette	\$4.50
FISH NUGGET PACK —3 fish nuggets, toss salad, corn cobette	\$4.50
FISH AND WEDGES —3 fish nuggets, wedges, toss salad	\$5.00
CHICKEN AND WEDGES —3 chicken nuggets, wedges, toss salad	\$5.00
PASTA PACK — choose any pasta dish, garlic bread, toss salad	\$7.00
INDONESIAN NASI GORENG (FRIED RICE)	\$4.50
CORN COBETTES	\$1.00
CUP OF CHICKEN & VEGETABLE SOUP	\$2.50
HOT FOODS - amber options: select carefully	
HOMEMADE PIZZA — Ham & Cheese or BBQ Chicken & Cheese 1/2 pizza Add: pineapple 50c for whole pizza or 25c for 1/2 pizza	\$5.00 \$2.50
HOT DOG PLAIN with sauce or mustard or both with cheese & sauce Half hot dogs	\$4.00 \$4.50 \$5.00 Half price
CHEESE BURGER — Beef patty, cheese & tomato sauce	\$5.00
PASTRY — Meat pie (Mrs Mac’s Cruiser Good Eating) Sausage Roll (Mrs Mac’s Good Eating) Tomato sauce	\$4.20 \$3.00 \$0.30
PASTA — Macaroni & Cheese Angus Beef Lasagne	\$4.50 \$5.00
CURRY — Butter chicken & Rice Jungle curry (Chicken & Veg) & Rice	\$5.00 \$5.00
CURRY PACK — choose any curry dish plus naan bread	\$6.50
HOT ROLLS — Ham & Cheese Chicken & Mayo Roast Beef & Gravy Chicken & Gravy Pulled Pork & coleslaw	\$4.50 \$5.50 \$6.00 \$5.50 \$6.00
WEDGES — with sweet chilli & sour cream	\$4.50
CHICKEN OR FISH NUGGETS	\$0.60 each
GARLIC BREAD	\$2.50
HASH BROWNS —oval	\$1.50

SANDWICHES (wholemeal only)		
	BUTTERED	\$1.80
	VEGEMITE	\$2.00
	CHEESE	\$2.30
	CHICKEN	\$3.30
	HAM	\$3.30
	TUNA	\$3.30
	EGG — curried or plain	\$2.80
	SALAD —lettuce, cucumber, carrot, tomato, cheese	\$4.30
	EXTRA FILLINGS — lettuce, beetroot, cucumber, cheese, carrot, tomato, Avocado, Egg Ham, Chicken, Tuna Spreads— mayo/mustard/sauce	\$0.50 \$1.00 \$1.50 \$0.30
	ROLLS (wholemeal or white); BAGUETTES or WRAPS (white only)	Add \$0.30
COLD FOODS		
	GREEN GARDEN SALAD — lettuce, cucumber, tomato, carrot Add egg Add ham, chicken	\$5.00 \$1.00 \$1.50
	ASIAN NOODLE SALAD Add egg Add ham, chicken	\$4.50 \$1.00 \$1.50
	SUSHI —Vegetarian or Chicken (Available Fridays only)	\$6.00
	COLD ROLLS — Vegetarian or Chicken (Available Fridays only)	\$6.00
SNACKS		
	FRESH FRUIT — Assorted	\$1.00
	FRESH FRUIT CUPS — Subject to availability	\$2.00
	DIP & VEG POTS	\$1.50
	POPCORN —Freshly popped	\$1.00
	MUFFINS — Assorted flavours Mini (check QKR for this week's flavour) Large	\$0.20 \$1.50
	RED ROCK CHIPS — Sea Salt or Honey Soy Chicken	\$2.00
	COOKIES —Cornflake cookies/Anzac cookies	\$0.50
	MOUSSE —Chocolate	\$1.00



DRINKS		
	WATER — 600ml	\$2.50
	1.5L	\$3.50
	FLAVOURED MILK — Chocolate, Strawberry or Honeycomb (250ml)	\$2.50
	Chocolate, Strawberry, Honeycomb, Banana, Fruchocs, Vanilla Malt (375ml)	\$3.50
	FRUIT BOXES — apple/apple & blackcurrant/orange/tropical punch (250ml)	\$2.00
	FRUIT JUICES (300ml) - Orange/Apple/Apple & Blackcurrant	\$3.50
	HOT CHOCOLATE	\$2.00
	KRAZY KRUSH SLUSHIES —assorted flavours small	\$1.00
	(add sour bomb shot—\$0.50 extra) medium	\$2.50
ICEBLOCKS/ICE CREAM		
	EVEREST ICE CREAM CUPS (vanilla) (gluten free)	\$2.00
	MOOSIES —banana, chocolate, strawberry, lime, bluemoon	\$2.00
	COCONUT ICEBLOCKS (dairy free) — mango, pineapple, strawberry	\$2.50
	NIPPYS FRUIT JUICE FROZEN CUPS —orange/apple/apple & blackcurrant	\$1.20
	QUELCHES	\$1.00
Gluten free products are available by arrangement		

The MCAS canteen menu follows the DECD ‘SA Right Bite’ guide to Healthy Eating at Schools. Please help your children to make healthy choices that promote their health, wellbeing and learning capacity.

Please note: **Red** items are no longer served at our school!

