

# MAS Canteen Menu

Delicious Nutritious Healthy Vegetarian Food

## snack menu (available recess and lunchtime)

Fruit Salad	\$3.00
Popcorn	\$0.60
Milo / Aktavite (hot or cold)	\$1.00
Smoothies (strawberry, banana, mango or mixed berry) DF	\$2.50
<b>Muffin</b>	<b>\$1.50</b>
<b>Tiny Teddies</b>	<b>\$0.60</b>
<b>Pikelets (freshly made, buttered, 3 in serve)</b>	<b>\$1.00</b>

## lunch menu (available lunchtime only)

Salad Bowl (lettuce, tom, corn, cuc, carrot, cheese, beetroot)	\$3.00
<b>Sandwiches (fresh or toasted)</b>	
Cheese & Tomato	\$2.50
Cheese	\$2.00
Baked Beans / Spaghetti	\$2.00
Egg	\$2.00
Salad (egg, lettuce, tomato, cheese & cucumber)	\$3.00
Egg & Lettuce	\$2.00
<b>Vegemite</b>	<b>\$2.50</b>
<b>Hot Dog with sauce (vegetarian sausage)</b>	<b>\$3.00</b>
<b>Veggie Pizza</b>	<b>\$3.00</b>
<b>Frozen Quelch fruit juice sticks</b>	<b>\$1.00</b>
<b>Terms 2 &amp; 3 only</b>	
Soup of the Day (see blackboard)	\$1.00
Black board special	\$2.50



### Open Thursdays

Please note that frozen fruit juice is NOT allowed at recess time.



### Order BEFORE 9.30

Write order on a paper bag or see the School Office if you would like to purchase a lunch wallet



### Weekly Blackboard Specials

Green

Nutritious & Healthy

Amber

Some nutritional value

Red

NEVER ON THE MENU