

MAS Canteen Menu

Delicious Nutritious Healthy Vegetarian Food

snack menu (available recess and lunchtime)

Fruit Salad	\$3.00
Popcorn	\$0.60
Blueberry Yoghurt Pops	\$0.20
Smoothies (strawberry, banana, mango or mixed berry) DF	\$2.50
Milo / Aktavite (hot or cold)	\$1.00
Muffin	\$1.50
Tiny Teddies	\$0.60
Pikelets (freshly made, buttered, 3 in serve)	\$1.00

lunch menu (available lunchtime only)

Black Board Special	\$3.00
Salad Bowl (lettuce, tom, corn, cuc, carrot, cheese, beetroot)	\$3.00
Sandwiches (fresh or toasted)	
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
Vegemite	\$2.50
Hot Dog with sauce (vegetarian sausage)	\$3.00
Veggie Pizza	\$3.00
Frozen Quelch fruit juice sticks	\$1.00
Terms 2 & 3 only	
Soup of the Day (see blackboard)	\$1.00



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



Order BEFORE
9.30
Write order on the
form 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