

# MERRIWA PRIMARY SCHOOL

## MENU - 2016

Current as at 01.02.2016

go to [WWW.OURONLINECANTEEN.COM.AU](http://WWW.OURONLINECANTEEN.COM.AU) to order before 9.00AM

<u>TUESDAY &amp; FRIDAY</u>	<u>MONDAY &amp; WEDNESDAY</u>	<u>THURSDAY</u>
<b>PIES</b>	<b>PIZZAS</b>	<b>BURGERS &amp; HOT DOGS</b>
GOOD EATING BEEF PIE (low fat) \$3.60	PIZZA IN A BOX	BURGER & SALAD \$4.80
CHICKEN & VEGIE PIE \$4.20	Cheese \$4.20	- BEEF
CRUIZER BEEF PIE \$3.50	Vegetarian	- CRUMBED CHICKEN
CRUIZER BEEF & CHEESE PIE \$3.90	Ham & Cheese \$4.60	- VEGE
GRANNY'S SAUSAGE ROLL \$3.00	Hawaiian \$4.80	- FISH
GOOD EATING SNACK PIE (120g) \$2.40	BBQ Chicken & Cheese \$5.00	CHEESEBURGER \$4.50
GOOD EATING BEEF PARTY PIE \$1.30	Supreme	HOT DOG (low fat) with sauce \$3.50
HOME MADE SAUSAGE ROLL (M,W&FR) \$3.50	Freshly made in our Kitchen	EXTRA Cheese 60c
TOMATO SAUCE SACHET \$0.40		

<u>CHOOSE YOUR FILLING</u>	<u>SANDWICHES</u>	<u>BAGUETTES &amp; WRAPS</u>
Cheese	\$3.50	\$5.00
Chicken	\$4.00	\$5.50
Egg	\$3.50	\$5.00
Ham	\$4.00	\$5.50
Salad (incl Tom, Carrot & Lett.)	\$3.50	\$5.00
Tuna	\$4.00	\$5.50
Vegemite	\$2.00	\$3.00
Chicken Caesar Roll/Wrap		\$5.50
<b>EXTRAS</b>		
Alfalfa, Capsicum, Carrot, Lettuce, Red Onion		\$0.30 ea
Beetroot or Pineapple		\$0.50
Butter or Mayo		free
Egg		\$1.20
Toasted		\$1.00
Tomato, Cue		\$0.40
Cheese		\$0.60
* Multigrain Baguettes, Mini Roll and Wholemeal Bread options available		
* Only Leg Ham, Roasted Skinless Chicken, Tuna in Spring Water & Low Fat Cheese is used.		

### SALADS

	<u>sml</u>	<u>lge</u>
Chicken Caesar Salad	\$5.00	\$7.00
Greek Salad	\$5.00	\$7.00
Mexican Salad	\$5.00	
Make Your Own Salad starting at (Your choice of Salad - inc Lett, Cue, Carrot)	\$3.00	

### HOT FOODS

	<u>sml</u>	<u>lge</u>
Strip Sub & Salad - Chicken	\$3.50	\$5.50
Hot Chicken Roll (with Mayo)	\$3.50	\$5.00
Fried Rice - Veg	\$3.00	\$4.50
Fried Rice - Ham & Veg	\$3.50	\$5.00

### PASTA

SPAGHETTI BOLOGNAISE	\$4.00	\$6.00
LASAGNE	\$4.00	\$6.00
MACARONI CHEESE with Vegies	\$4.00	\$6.00
with Salad (Lett, Tom, Carrot & Cue)	\$2.00	

### SUSHI

Chicken Teriyaki, Vegetarian, Tuna or Mixed			
3pc = \$3.00	6pc = \$5.30	8pc = \$6.70	
Wasabi or Extra Soy Sauce		10c	

### SNACKS

Fruit Salad	\$3.00	\$4.00
Mega Muffin		\$2.00
(Banana, Apple & Cinnamon, Chocolate, Blueberry)		
Cookie (1)		\$1.00
Anzac		
Brownes Yoghurt		\$2.20
(Creamy Vanilla, Strawberry, Mango/Passionfruit & Mixed Berries)		

### DRINKS

	<u>sml</u>	<u>lge</u>	
Brownes Chill (Choc, Strawberry, Choc Mint, Banana, Caramel)	\$2.30	\$3.50	Pop Top (250ml) - 100% fruit (Apple, Orange, Apple/Blackcurrent) \$2.00
Plain Milk	\$1.50	\$2.20	LOL fizzy 100% Fruit Juice (Tropical, Razzbri, & BCurrent) \$2.50
Spring Valley Juice (350ml) - 100% fruit (Orange or Apple)		\$3.30	Lipton Tea (Light Peach, Raspberry, Light Lemon) \$3.60
Harvey Fresh Juice (250ml) (Apple, Tropical, Orange & Apple/Blackcurrent)		\$1.60	Tutea Frutea Iced Tea (300ml) (Peach, Lemon, Blackcurrent & Mango) \$2.50
Harvey Fresh Milk (250ml) (Chocolate, Strawberry & Banana)		\$1.60	UP & GO (Choc, Vanilla, Strawberry & Banana) \$2.50
Water (600ml)		\$1.50	

**PLEASE CHECK ONLINE FOR ANY NEW MENU ITEMS!!!**

# SPECIALS

As at 01.02.2016

Go to [WWW.OURONLINECANTEEN.COM.AU](http://WWW.OURONLINECANTEEN.COM.AU) to order

In addition to the main menu we also offer the following daily specials.

## DAILY SPECIALS

<b>MON:</b>	<b>Toasted Continental Focaccia</b>		<b>\$6.50</b>
	<b>OR</b>		
	<b>3 Chicken Nuggets or 3 Fish Fingers</b>		
	<b>with 10 Potato Gems and small Salad</b>		<b>\$5.00</b>
	extra nugget or fish finger 50c	extra gem 30c	
<b>TUE:</b>	<b>Mee Goreng Noodles</b>	<b>\$3.50</b>	<b>\$4.50</b>
	<b>With Chicken</b>	<b>\$4.00</b>	<b>\$5.50</b>
<b>WED:</b>	<b>Butter Chicken w/ Rice</b>	<b>\$4.00</b>	<b>\$6.50</b>
	<b>OR</b>		
	<b>Quiche Lorraine &amp; Salad Platter</b>		<b>\$6.50</b>
<b>THU:</b>	<b>3 Chicken Nuggets or 3 Fish Fingers</b>		
	<b>with 10 Potato Gems and small Salad</b>		<b>\$5.00</b>
	extra nugget or fish finger 50c	extra gem 30c	
<b>FRI:</b>	<b>Thai Chicken Curry w/ Rice</b>	<b>\$4.00</b>	<b>\$6.50</b>