

# Canteen Menu 2021- Mosman Public School

## Sandwiches & Toasties

Cheese	3.50
Cheese & tomato	4.00
Cheese & vegemite	3.50
Ham	3.50
Ham & cheese	4.00
Ham, cheese & tomato	4.50
Salad (lettuce, cucumber, tomato & carrot)	4.00
Cheese & salad	4.50
Ham & salad	4.50
Tuna	3.50
Tuna & cheese	4.00
Tuna & salad (lettuce, cucumber & tomato)	4.50
Vegemite	3.00
Honey	3.00
(All on wholemeal bread)	

## Hot Food

Lasagne	5.00
Low GI basmati rice tub GF	2.00
Quiche (cheese and bacon)	5.50
Croissant	3.50
Croissant with ham and cheese	5.00
Cheesymite scroll	2.00
Sausage roll	5.00
Meat pie	5.50
Tomato sauce	0.20

## Snacks

Crispy fruits (pure, freeze dried fruit) GF (Apple, Strawberry, Mango or Pineapple)	1.50
Popcorn, fresh air popped GF	0.50
Bread sticks (x3) plain or pizza	0.50
Oat slice, freshly baked	0.80
Garlic roll	1.50
Wholemeal garlic bread (1 slice)	1.00
Grain Waves (sour cream and chives)	2.00
Red Rock Deli chips (plain) GF	2.00
Pretzels	2.00
Vanilla Muffin	2.00

## Wraps

Chicken (with lettuce, cheese and mayonnaise)	4.50
Vegetarian (hummus, cheese, tomato, lettuce, cucumber, carrot)	4.50
Tuna (with mayonnaise, cheese and lettuce)	4.50
Teacher's wrap (tortilla wrap filled with chicken, hummus, avocado, red onion, lettuce, carrot, cucumber, salt and pepper)	7.00

## Fruit, Veg and Dips

Apple, whole	1.50
Banana	1.50
Mandarin	1.00
Orange, quartered	1.50
Frozen pineapple slice	0.50
Carrot sticks, small bag	0.75
Cucumber sticks, small bag	0.75
Hummus pot	0.50
Vegie sticks with hummus (carrot, celery, cucumber)	2.50

## Drinks

Flavoured milk, low fat, high calcium (chocolate or strawberry)	2.50
Just Juice (orange, apple, apple & blackcurrant or paradise punch)	1.50
Juice Bomb - sparkling juice (watermelon, apple&blackcurrant, apple&raspberry, grape)	2.50

## Frozen items

Please bring your lunch bag to the canteen to pick up frozen items

Juicie tube, 99% fruit juice (lemonade, tropical or wild berry)	1.50
Quelch, 99% fruit juice ice tube	1.00
Pineapple ring frozen (tinned)	0.50

## Daily Lunch Specials

### Monday

Pasta Bolognese	\$5.00
<small>Penne with beef mince, passata, dried herbs, paprika &amp; shredded carrot (with or without cheese)</small>	

### Tuesday

Hot Dog (continental style)	\$4.20
<small>add tomato sauce, mustard, cheese</small>	

### Wednesday

Sushi Roll	\$4.20
<small>(Tuna, Teriyaki chicken, Salmon, Avocado or Cucumber roll)</small>	

### Thursday

Butter Chicken with Rice	\$5.00
<small>Chicken breast in mild sauce with basmati rice</small>	

### Friday

Sushi Roll	\$4.20
<small>(Tuna, Teriyaki chicken, Salmon, Avocado or Cucumber roll)</small>	

Specials can change throughout the year.  
Check on [flexischools](https://www.flexischools.com.au)

## Birthday Treats

Juicie Tube	\$1.20
<small>Choice of lemonade, tropical, wildberry</small>	
Muffins	\$ 1.75
<small>choice of chocolate or vanilla</small>	

Birthday treats are to be collected from the canteen per teacher's time preference (usually afternoon tea). Please specify the number of treats required (usually the number of children in the class plus one for the teacher)

### Over the counter purchasing times:

Before school	8.30am - 8.50am
Lunch	11.15am - 11.55am
Afternoon tea	1.55pm - 2.10pm

Online lunch orders on [flexischools](https://www.flexischools.com.au)