

Mosman Public School Canteen Menu 2019 / 2020

Daily Lunch

Monday	Hotdog—continental style in a soft roll with choice of tomato sauce/ mustard/cheese	\$4.20
Tuesday	Pasta Bolognese	\$5.00
	Pasta Bolognese large—teacher size	\$7.00
Wednesday	Sushi roll—chicken teriyaki, cooked tuna, vegetarian, salmon & avocado	\$4.20
Thursday	Butter chicken with rice—chicken breast in mild sauce served with basmati rice	\$5.00
Friday	Sushi roll—chicken teriyaki, cooked tuna, vegetarian, salmon & avocado	\$4.20

Sandwiches and toasties (wholemeal bread only)		Wraps	
Cheese and tomato	\$4.00	Chicken	\$4.50
Cheese and vegemite	\$3.50	(with lettuce, cheese and mayonnaise)	
Cheese	\$3.50	Vegetarian	\$4.50
Ham	\$3.50	(with hummus, cheese, tomato, lettuce, cucumber and carrot)	
Ham and cheese	\$4.00	Tuna	\$4.50
Ham, cheese and tomato	\$4.50	(with mayonnaise, cheese and lettuce)	
Ham and salad	\$4.50	Teacher wrap	\$7.00
(lettuce, cucumber, tomato & carrot)		(tortilla wrap filled with chicken, hummus, avocado, red onion, lettuce, carrot, cucumber, salt and pepper)	
Salad	\$4.00		
(lettuce, cucumber, tomato & carrot)			
Salad and cheese	\$4.50		
(lettuce, cucumber, carrot and tomato)			
Tuna	\$3.50		
Tuna and cheese	\$4.00		
Tuna and salad	\$4.50		
(lettuce, cucumber and tomato)			
Egg and mayonnaise	\$5.00		
Vegemite	\$3.00		
Honey	\$3.00		

Hot Food	
Lasagne	\$5.00
Low GI basmati rice tub	\$2.00
Meat pie	\$5.50
Quiche—cheese and bacon	\$5.50
Sausage roll	\$5.00
Tomato sauce	\$0.20
Ham and cheese croissant	\$5.00
Plain croissant	\$3.50
Vegemite cheesy scroll	\$2.00

Fruit, vegetable and dips

Apple spiral slinky	\$1.00
Apple (whole)	\$1.00
Banana	\$1.00
Carrot sticks (small bag)	\$0.75
Cucumber sticks (small bag)	\$0.75
Cup of freshly chopped fruit	\$2.00
Frozen tinner pineapple slice	\$0.50
Hummus	\$0.50
Watermelon slice	\$1.00
Vegetable sticks with hummus (carrot, celery, cucumber)	\$2.20
Orange (Navel), quartered	\$1.00

Drinks

Flavoured milk, low fat, high calcium (chocolate or strawberry)	\$2.50
Plain Milk	\$1.50
Just Juice (orange, apple, apple and blackcurrent or paradise punch)	\$1.50
Sparkling juice (watermelon, apple & blackcurrent, apple & raspberry or grape)	\$2.50

Snacks

Crispy fruits Freeze dried pure fruit pineapple, apple, mango and strawberry	\$1.50
Freshly popped popcorn GF No salt or butter	\$0.20
Bread sticks (pizza or plain)	\$0.50
Freshly baked oat slice	\$0.80
Garlic roll	\$1.50
Grain waves (Sour cream & chives)	\$2.00
Wholemeal garlic bread (1 slice)	\$1.00
Yogurt tubs with topping (plain, berry jam or raw oats)	\$2.00
Bega cheese stringer	\$1.00
Hard boiled egg (peeled)	\$1.00
Plain muffin	\$2.00
Apple & cinnamon muffin	\$2.00

Frozen items

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

Frozen juice (tropical, lemonade, orange or wildberry)	\$1.50
Frozen twisted youghurt (strawberry, chocolate, tropical, blueberry & cookie, raspberry & coconut)	\$2.50
Frozen vanilla yoghurt pop	\$0.50

Online orders are to be made before 8.30am; MPS late lunch options to be made before 10am

Canteen purchasing times:

Before school 8.30am — 8.50am

Lunch 11.15am — 11.35am

Afternoon tea 1.55apm — 2.10pm