

SACRED HEART MONA VALE CANTEEN MENU - 2011 - OPEN MONDAYS, THURSDAYS AND FRIDAYS

Morning Tea (Counter Service) 11.00-11.20am

Fresh Homemade Muffin	\$0.80
Rice Cups with Honey Soy Sauce	\$0.50
Hot Popcorn	\$1.00
Fruit Cups	\$0.50
Corn Chips with Mild Salsa	\$0.50
Watermelon Wedge	\$0.20
Cheese Melt	\$0.80
Ham & Cheese Melt	\$1.00
Japanese Rice Crackers or Pretzels	\$0.60
Piranhas (Lemon Lime, Sunday Roast or French Onion)	\$0.80
Honey Soy Vege Chips	\$0.80
Jelly cups assorted flavours	\$0.50
Arrowroot plain biscuits	\$0.10

Lunch - Place orders by 9.00am to avoid disappointment

Small Salad Box (lettuce, tomato, carrot, beetroot, cucumber)	\$1.50
Small Salad Box with tuna, egg or ham	\$2.00
Large Salad Box (lettuce, tomato, carrot, beetroot, cucumber)	\$3.00
Large Salad Box with tuna, egg or ham	\$3.50
Small Fruit Box (fresh seasonal fruit)	\$1.50
Large Fruit Box (fresh seasonal fruit)	\$3.00
Toasted Ham and Cheese Sandwich	\$2.80
Ham, Pineapple & Cheese half muffin pizza (pizza sauce base)	\$1.50
Homemade Garlic Bread Roll	\$0.70
Cheese Melt	\$0.80
Rice in Small Container with Honey Soy Sauce	\$1.00
Hot Meat Pie	\$3.00
Tomato Sauce Sachet	\$0.20
Sweet Chilli Chicken Tenders, Lettuce and Mayo Wrap or with your choice of Sweet Chilli, Tomato or BBQ Sauce	\$4.00
Small Container Boiled Rice with Mild Butter Chicken	\$2.00
Large Container Boiled Rice with Mild Butter Chicken	\$4.00
Small Container freshly made Pasta with Napolitana Sauce	\$1.60
Large Container freshly made Pasta with Napolitana Sauce	\$3.20

Lunch 12.40-1.30pm

Fresh Sandwiches - Please specify white or brown bread

Cheese	\$2.30
Ham	\$2.30
Egg	\$2.30
Vegemite	\$1.80
Tuna	\$2.30
Tomato	\$2.30
Salad	\$2.80
Wraps - Add \$1.00 extra	\$1.00

Extra fillings:

cheese, tuna, ham, tomato, lettuce or egg	\$0.50
Fresh large Tuna Sushi Roll - FRIDAYS ONLY	\$2.50
Fresh large Chicken Teriyaki Sushi Roll - FRIDAYS ONLY	\$2.50

Drinks/Frozen Treats - Only at lunch over the counter

350ml Lemon Lime Splash Water (Green Bottle)	\$1.50
350ml Orange Pash Splash Water (Blue Bottle)	\$1.50
350ml Chocolate or Strawberry Milk	\$2.00
250ml Good To Go Yoghurt Smoothie - Berry, Mango, Passion	\$2.00
200ml Apple or Orange Juice	\$1.30
Juicies - 100% Frozen Juice (Tropical or Wildberry)	\$0.50
Frozen Orange Quarters	\$0.20
Streets Lemonade Icy Twist	\$1.00
Frozen Yoghurt Cup (Strawberry or Peach Mango)	\$1.70
300ml Small Plain Milk	\$1.30

Paper Bags	\$0.10
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Please supply an extra bag with your child's name and class for drinks or large orders.

Volunteers are always needed and very much appreciated to keep the successful running of the canteen. To join in the fun, please contact Kay - 0416 262 458 or Marie - 0410 566 777