

# SUMMER

**THE CANTEEN IS NOW USING MUNCH MONITOR**

ALL LUNCH ORDERS NEED TO BE PLACED ON-LINE THROUGH  
MUNCH MONITOR [www.munchmonitor.com](http://www.munchmonitor.com) BY **8.50am**

**Murray Farm**  
PUBLIC SCHOOL  
A Great Place to Be

## Canteen Price List

term 4, 2023

### Sandwiches / Rolls

	<u>Sandwiches</u>	<u>Rolls</u>	<u>Gluten Free</u>
	<u>white/brown</u>	<u>white</u>	<u>Bread</u>
E Baked Beans	2.00	2.40	3.00
E Buttered	1.40	1.80	2.60
E Cheese	2.00	2.40	3.00
E Chicken	3.40	3.60	4.50
E Egg	2.30	2.70	3.50
E Ham	2.60	3.00	3.70
E Salad	3.60	4.20	4.70
(incl.tomato,lettuce,carrot,beetroot,cucumber)			
E Salad with cheese	4.00	4.60	4.90
E Salmon	3.00	3.40	3.80
E Tomato	2.00	2.40	3.00
E Tuna	2.50	2.90	3.20
E Vegemite	1.80	2.00	2.80
<b><u>Hot Sandwiches/Rolls</u></b> (* 2 slices of cheese)			
E Cheese *	2.40	2.80	3.70
E Cheese & Ham *	3.60	4.00	4.70
E Cheese & Chicken *	4.40	4.80	5.50
E Chicken	3.60	4.00	4.70
E Ham	2.80	3.20	3.90
<b><u>Lebanese Salad Wraps</u></b>			
	<u>whole</u>	<u>half</u>	
E Salad	3.60	1.80	
(incl.tomato,lettuce,carrot,beetroot,cucumber)			
E Salad and cheese	4.00	2.00	
E Salad & chicken	5.40	2.70	
E Salad, cheese & chicken	5.90	3.00	
E Salad & ham	4.50	2.30	
E Salad, cheese & ham	5.00	2.50	

### Additional Items

	<u>add:</u>
Cheese	0.60
Chicken	2.00
Ham	1.20
Lettuce	0.70
Mayonnaise	0.20
Tomato	0.70
Cucumber	0.70

### RECESS ONLY

#### Hot Food

O Hash Brown	0.80
O Small Sausage Roll	1.50
O Muffins (choc-Lite, blueberry Apple Cinnamon)	2.60

#### LUNCH ONLY

#### Hot Food

O BBQ Chicken Pizza Wrap	4.50
E Bolognaise Twirls	4.70
E Butter Chicken	5.90
O Chicken Nuggets (3 for)	2.00
GF/O Chicken Tenders (2 for)	3.20
E Corn on the Cob	1.50
O Hot Noodles in a cup (Yr3 - Yr6 only)	3.00
VE Macaroni & Cheese	4.70
O Party Pie	1.50
O Sausage Roll (Large)	3.80
O Small sausage roll	1.50
V/O Spinach & Ricotta Roll	3.30
V/O Spring Rolls (3 for)	2.00
E Thai Chicken Curry	5.90
VE Vegetable Lasagne	4.70

#### Salad Box

E Salad Box	5.00
Contains: celery, tomato, 1/2 egg, carrot, cheese, lettuce, cucumber, 1/2 pineapple	
French Dressing	0.20
Italian Dressing	0.20
Balsamic Dressing	0.20

### TUESDAY ONLY

E Sushi	4.80
(Tuna with avocado, Chicken with cucumber, Vegetarian)	

### Extras

paper bag	0.05
extra teaspoon/fork	0.05
Sweet & Sour Sauce (sachet)	0.40
Tomato Sauce (sachet)	0.40
Soy Sauce (sachet)	0.40
E Boiled Egg -free range (lunch order only)	0.90

### Snacks

#### Recess & Lunch

E Bread Stick	0.10
E Fresh Fruit (apples, oranges)	1.00
E Bring your own apple - we will slinky	0.20
E Spooky Mini Bites	1.00
O BBQ Popcorn	1.50
O Pretzels	1.00
<b><u>Lunch only</u></b>	
O Mamee Noodles	1.00
O Sea Salt Chips	1.60

### Ice Treats - Counter Service Only

#### Recess & Lunch

E Juicy Tubes	0.50
E Snap Stix	1.00
E Ice Mory	1.00
E Frozen Pineapple Halves	0.20
E Frozen Orange Quarters	0.20
E Slushie	2.50
<b><u>Lunch only</u></b>	
O Twisted frozen yoghurt (strawberry)	2.50
O Streets Paddle Pops	2.50

### ONLY AVAILABLE

**TUES, WED, THURS. & FRI.**

#### Asian Meals

	Small	Large
E Chicken and veg with boiled rice	5.00	6.20
O Honey Chicken with boiled rice	5.00	6.20
E Beef with black bean sauce with boiled rice	5.00	6.20
E Singapore Noodles with Chicken	5.00	6.20
E Hokkein Noodles with beef	5.00	6.20
E Fried Rice	4.00	
VE Vegetarian Fried Rice	4.00	

### Drinks

#### Recess & Lunch

E Plain Milk(300ml)	1.30
E Flavoured Milk (300ml) (choc, strawberry)	2.20
E Apple Juice 250ml	2.00
E Orange Juice 250ml	2.00
E Chill J Flavoured Mineral Water	2.50
E Plain Water	1.00

# SUMMER

E = Every Day food - healthy option  
O = Occasional Food - choose wisely  
GF = Gluten Free Food  
V = Vegetarian Food