**Fillings for Sandwiches, Rolls, Jaffles & Potatoes**

- Chicken $1.60
- Ham $1.20
- Tuna $1.20
- Egg $1.60
- Cheese $0.50
- Baked Beans $1.00
- Spaghetti $1.00
- Salsa $0.40
- Bolognaise $1.00
- Add any of above fillings $2.00

<table>
<thead>
<tr>
<th>Fillings</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$0.50</td>
</tr>
<tr>
<td>Tomato</td>
<td>$0.30</td>
</tr>
<tr>
<td>Lettuce</td>
<td>$0.30</td>
</tr>
<tr>
<td>Carrot</td>
<td>$0.30</td>
</tr>
<tr>
<td>Beetroot</td>
<td>$0.40</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>$0.60</td>
</tr>
<tr>
<td>Mayo</td>
<td>$0.20</td>
</tr>
</tbody>
</table>

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**Munchies**

- Fruity Nibble Mix $1.00
- Fresh Fruit Salad $2.50 (Not Tm 3)
- Veggie Sticks & Hummus $2.00
- Boiled Egg IN Lettuce Leaf $2.00
- Cheese Cubes & Rice Crackers $1.50
- Yoghurt Cup (Vanilla) $1.50
- Yoghurt & Berries (Vanilla) $1.70
- Popcorn $1.20
- Gingerbread Kids $1.20
- Slinky Apply $0.60

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**Hot Stuff**

- Lasagne $4.00
- Macaroni Cheese $4.00
- Samosa (Vegetable) $1.50
- Pizza – Ham & Pineapple OR Cheese & Bacon $3.00
- Dim Sim (steamed) $0.80
- Corn on Cob $1.00
- Mini Margherita Pizza Muffin $1.50
- Rainbow Rice (Vegetables & soy sauce) FRIDAYS ONLY $3.00
- Chicken Burgers (Wholemeal Roll, Carrot, Lettuce) – MONDAYS & FRIDAYS ONLY $4.00
- Sausage Roll – WEDNESDAYS ONLY $3.00
- Pastie (Vegetable) – WEDNESDAYS ONLY $3.60
- Tomato Sauce or Soy Sauce OR Wasabi $0.20

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**Frozen Stuff**

- Frozen Orange Juice (90 mls) $1.00
- Orange Smile (1/4 Orange Frozen) $0.40
- Streets Paddlepop – Banana, Chocolate, or Rainbow $1.60
- Quelch Fruit Stick (99% juice) $0.60
- Frozen Goghurt $1.20

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**Drinks**

- Just Juice – Apple or Orange (200 mls) $1.60
- Milk – Chocolate or Strawberry (200 mls) $1.60
- Plain Milk (300 mls) $1.20
- Still Water (300 mls) $1.20
Canteen is open
MONDAY, WEDNESDAY & FRIDAY

HEALTHY FOOD IS OUR FOCUS

- CORRECT MONEY please
- PHONE ORDERS ARE NOT ACCEPTED
- NUTRITIONAL INFORMATION IS AVAILABLE IN THE CANTEEN

- PLEASE REMEMBER THAT THE SCHOOL COMMUNITY BENEFITS GREATLY FROM THE EFFICIENT RUNNING OF THE CANTEEN
- EXTRA VOLUNTEERS ARE ALWAYS MOST WELCOME ESPECIALLY AT THE BEGINNING & END OF EACH CANTEEN MORNING i.e. 10.00 a.m. and 1.15 p.m.

ESSEX CRUNCH & MUNCH MENU 2015

Eddie Essex 1BM

Chicken Burger 4.00
Chocolate Milk 1.60
Orange Smile 5.00

Please supply a large brown paper bag (single bags are available at .10c each)
Write child’s name & class e.g. 1BZ
Food required from the canteen, price & total
Place money loosely wrapped in paper Inside bag
Put bag into tin in classroom
Pack of 50 printed paper bags - $ 3.00