## Fillings for Sandwiches, Rolls, Jaffles & Potatoes

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>$1.60</td>
</tr>
<tr>
<td>Ham</td>
<td>$1.20</td>
</tr>
<tr>
<td>Tuna</td>
<td>$1.20</td>
</tr>
<tr>
<td>Egg</td>
<td>$1.60</td>
</tr>
<tr>
<td>Cheese</td>
<td>$0.50</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$1.00</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>$1.00</td>
</tr>
<tr>
<td>Salsa</td>
<td>$0.40</td>
</tr>
<tr>
<td>Bolognaise</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

*Add any of above fillings*

| Wholemeal Sandwich | $2.00  |
| Wholemeal Roll     | $2.30  |
| Hot Jaffle         | $2.50  |
| Salad Box – Tomato, Lettuce, Carrot & Cucumber | $2.70  |
| Hot Cheese Roll    | $3.30  |
| Baked Potato       | $3.00  |

## Sushi

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna</td>
<td>$2.80</td>
</tr>
<tr>
<td>Chicken Teriyaki</td>
<td>$2.80</td>
</tr>
<tr>
<td>Californian</td>
<td>$2.80</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>$2.80</td>
</tr>
<tr>
<td>Chicken Burgers</td>
<td>$4.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pastie (Vegetable)</td>
<td>$3.60</td>
</tr>
</tbody>
</table>

### 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): $3.00

### 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

### 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

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**CRUNCH & MUNCH**

**MENU 2015**

**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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**Add any of above fillings**

**Hot Stuff**

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- Corn on Cob: $1.00
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**Frozen Stuff**

- Frozen Orange Juice (90 mls): $1.00
- Orange Smile (1/4 Orange Frozen): $0.40
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- Quelch Fruit Stick (99% juice): $0.60
- Frozen Goghurt: $1.20

**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.

● 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

ESSEX
CRUNCH & MUNCH
MENU 2015

EDDIE ESSEX  1BM

Chicken Burger   4.00
Chocolate Milk   1.60
Orange Smile     40
               5.00