



MOWBRAY HEIGHTS PRIMARY SCHOOL - COOL CAP CANTEN MENU: 2020 Term 2 & 3



SANDWICHES

(fresh or toasted / white or wholemeal bread)

Chicken	\$2.00
Ham	\$2.00
Tuna	\$2.00
Vegemite	\$1.50
Egg	\$1.70
Additional fillings:	
Lettuce	70c
Cheese	70c
Pineapple	70c
Beetroot and/or Red Onion	70c
Tomato	70c
Grated Carrot	70c
Toasted Ham and Cheese	\$2.70
Toasted Cheese	\$1.70



WRAPS

(fresh or toasted)

Chicken	\$2.20
Ham	\$2.20
Tuna	\$2.20
Vegemite	\$1.70
Egg	\$1.90
Additional fillings:	
Lettuce	70c
Cheese	70c
Pineapple	70c
Beetroot and/or Red Onion	70c
Tomato	70c
Grated Carrot	70c

RECESS SPECIALS - Check the daily board!

**** Also offering soup & nachos ****



WEEKLY LUNCH SPECIALS

Tuesday: Chicken burger with lettuce, cheese and pineapple	\$4.00
Wednesday: Lasagne	\$4.00
Thursday: Fried Rice with Chicken	\$4.50



EVERYDAY HOT FOOD

(Optional extras: Tomato sauce - free. BBQ sauce - 20c)
(Please write on your lunch order)

Chicken Nuggets	80c
Chicken Nuggets (<i>gluten free</i>)	80c
Magnificent 7 Party Pie	\$1.70
Sausage Roll	\$3.00
Pizza: Cheese, Ham and Pineapple	\$3.50



TURKISH BREAD

(fresh or toasted)

Ham, cheese and pineapple	\$4.50
Chicken, cheese and tomato	\$4.50

Fruit Cups	\$1.00
Yoghurt	\$1.00
Icy Poles	\$1.00



Seasonal fruit will be sold at market prices



CANTEEN DAYS:

Tuesday, Wednesday, Thursday & Friday



VEGETARIAN

(fresh or toasted)

Sandwich - Choice of 3 fillings	\$2.10
Wraps - Choice of 3 fillings	\$2.30
Turkish Bread - Choice of 3 fillings	\$4.00
Fillings - Lettuce, Cheese, Pineapple, Tomato, Beetroot, Red Onion, Grated Carrot	
Toasted Cheese	\$1.70
Corn Cobbettes	90c
Pizza: Tomato, Cheese, Spinach and Capsicum	\$3.50

LUNCH SPECIALS

Wednesday: Mac and Cheese	\$4.00
Thursday: Vegetable Pasta	\$4.50



DRINKS

Bottled Water (600ml)	\$1.00
Juice - Apple or Orange	\$1.20
Calci-yum Chocolate Flavoured Milk	\$2.30
Smoothie - Mixed Berry	\$2.00
Nippy's Flavoured Milk:	
Iced Banana (375ml)	\$2.30
Honeycomb (200ml)	\$2.30
Strawberry (200ml)	\$2.30

ACCREDITED
**SCHOOL
CANTEEN**



TASMANIAN SCHOOL CANTEEN ASSOCIATION

Mowbray Heights Primary School