

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

CANTEEN DAYS:

Tuesday, Wednesday, Thursday & Friday

(f

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



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



\$2.20

\$2.20

\$2.20

\$1.70 \$1.90

70c

TURKISH BREAD

(fresh or toasted)

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

Fruit Cups	\$1.00	8
Yoghurt	\$1.00	
Icy Poles	\$1.00	-

Seasonal fruit will be sold at market prices



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	9 0c
Pizza: Tomato, Cheese, Spinach and	\$3.50
Capsicum	

LUNCH SPECIALS

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



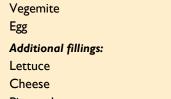
DRINKS

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



TASMANIAN SCHOOL CANTEEN ASSOCIATION

Mowbray Heights Primary School



Grated Carrot

Chicken

Ham

Tuna

Lettuce 70c
Cheese 70c
Pineapple 70c
Beetroot and/or Red Onion 70c
Tomato 70c

WRAPS
(fresh or toasted)