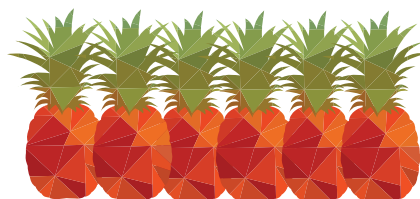


# MHOC CANTEEN MENU 2020

Open Wednesday, Thursday and Friday



## Sandwiches

*(white or multi-grain bread)*

✓ Vegemite	\$2.25
✓ Banana	\$3.00
✓ Ham or Tuna	\$4.25
✓ Egg	\$3.00
✓ Egg + Lettuce	\$3.50
✓ Cheese	\$3.00
✓ Cheese + Tomato	\$3.50
✓ Ham + Cheese	\$4.75
✓ Ham + Cheese + Tomato	\$4.75

✓ Salad	\$4.00
<i>(grated carrot, lettuce, tomato &amp; cucumber)</i>	
✓ Cheese or Egg + Salad	\$4.80
✓ Ham or Tuna + Salad	\$5.00

## Wraps

*(Large - add \$2.50)*

✓ Salad	\$4.00
✓ Cheese or Egg + Salad	\$4.50
✓ Ham or Tuna + Salad	\$5.00

## Salad Boxes

✓ Egg + Salad	\$5.50
✓ Cheese + Salad	\$5.50
✓ Ham or Tuna + Salad	\$6.00

## Hot Food

✓ Small Crumbed Chicken + Lettuce Wrap	\$4.50
✓ Large Crumbed Chicken + Lettuce Wrap	\$7.00
✓ Small Crumbed Chicken + Salad Wrap	\$5.00
✓ Large Crumbed Chicken + Salad Wrap	\$7.50
✓ Lean Beef Pie	\$5.00
✓ Sausage Roll	\$4.00

## Add

Cheese or tomato	\$0.50
Mayo	\$0.30
Tomato/BBQ Sauce	\$0.30
Balsamic Glaze	\$0.50
Toasted	\$0.30

## Icy Treats

✓ Fruit Ice Sticks	\$0.80
✓ Frozen Yoghurt	\$2.50
✓ Icy Twist	\$2.00
✓ Paddle Pop <i>(choc/banana)</i>	\$2.00

## Snacks

✓ Fresh Fruit	\$1.00
<i>(watermelon/apple/banana)</i>	
✓ Pop Corn	\$1.20
✓ Plain Chips	\$1.20

## Drinks

✓ Water	\$1.00
✓ Just Juice <i>(apple/tropical)</i>	\$2.20
✓ Flavoured Milk <i>(strawb/choc)</i>	\$2.20

Use our COLOUR CODE to select food based on the nutritional benefit.

- ✓ will supply the most nutrition.
- ✓ have limited nutritional benefit.

Have you tried

[www.flexischools.com.au](http://www.flexischools.com.au)

where there are more choices  
and ordering is **easy**