

ENGADINE PUBLIC SCHOOL

THE MUNCH FACTORY



MONDAY, WEDNESDAY & FRIDAY



ENGADINEPS.CANTEENMANAGER@GMAIL.COM



All ordering online through Flexischools.
Cut off for lunch orders 9:00am.



SANDWICHES

Vegemite / Honey	\$3.00
Tomato / Cheese	\$3.50
Ham / Chicken / Tuna	\$4.00
Salad	\$4.50
Lettuce, tomato, cucumber, carrot, beetroot	
Extra fillings:	
Lettuce, cheese, tomato, beetroot, carrot, cucumber	\$0.50
Avocado	\$1.00
Ham, chicken, tuna	\$1.00

Toasted	\$0.50
Bread Roll	\$0.80
Gluten Free	\$1.00

Note: Bread options include hi-fibre white, wholemeal or gluten free.

SALAD OR SUSHI BOWL

Lettuce, tomato, cucumber, carrot, beetroot	\$4.50
Extra fillings:	
Lettuce, cheese, tomato, beetroot, carrot, cucumber	\$0.50
Avocado	\$1.00
Ham, chicken, tuna	\$1.00

Sushi Bowl (Monday only)	\$4.50
Rice with tuna OR chicken strip	
Extra fillings:	
Carrot, cucumber, avocado (\$1.00), nori strips, kewpie mayo and soy sauce	

DRINKS

Water (600mL)	\$2.00
Juice (250mL)	\$2.50
Apple / Orange / Apple & Blackcurrant	
Flavoured Milk (250mL)	\$2.50
Chocolate / Strawberry / Honeycomb	

BIRTHDAY BUCKETS

Child receives a birthday badge, balloon, certificate, \$2 voucher and a bucket of Quelch ice blocks to share with their class.

Classes under 15 students	\$15.00
Classes over 15 students	\$25.00

HOT FOOD

Corn on the cob (GF)	\$1.00
Garlic Roll	\$1.00
Chicken Nuggets	3 for \$2.50
Meatball Roll (Monday only)	\$4.00
Sausage Roll	\$4.50
Butter Chicken	\$4.50
Macaroni & Cheese	\$4.50
Spaghetti Bolognese	\$4.50
Chicken Wrap	\$4.50
Chicken tender, lettuce, cheese, aioli	
Pizza (All with cheese topping)	\$4.50
Ham / Ham & Pineapple / Cheese	
Burrito	\$4.50
Seasoned mince, lettuce, tomato, cheese, salsa	
Chicken Burger	\$5.00
Chicken breast, lettuce, sauce	
Hamburger	\$5.00
Beef patty, lettuce, tomato, sauce	
Sauce Tub	\$0.50
Tomato / BBQ / Sweet Chilli / Aioli	

OVER THE COUNTER SNACKS

Yoghurt Pops / Frozen Pineapple or Watermelon	\$0.50
Milo Cereal Bag	\$0.50
Pikelet	\$0.50
Sultanas	\$0.80
Milo Bar	\$2.00
Fresh Fruit	\$2.00
Apple / Orange / Banana	
Fruit Juice Jelly Cup	\$1.00
Custard Cup	\$1.50
Jelly & Custard Cup	\$1.50
Popcorn (GF)	\$1.50
Red Rock Deli Chips - Sea Salt (GF)	\$2.00
Grain Waves	\$2.00
Banana Bread	\$2.00
Pretzels	\$1.00

FROZEN ITEMS

Quelch Ice Block	\$1.00
TNT Ice Mony	\$1.50
Blue Raspberry / Red Berry Blast / Tropical	
Juicee	\$2.00
Tropical / Wildberry / Lemonade	
Moosie (Ice Cream Bar) - Blue Moon / Chocolate	\$2.00

CAN YOU HELP?

If you can spare a couple of hours to help volunteer in our Canteen whether it be weekly or monthly, we'd love to hear from you! You can contact the Canteen via email on engadineps.canteenmanager@gmail.com for any enquiries about the Canteen or menu.

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OVER THE COUNTER SNACKS

PACKAGED FOOD

Sultanas	\$0.80
Pretzels	\$1.00
Popcorn (GF)	\$1.50
Milo Bar	\$2.00
Red Rock Deli Chips - Sea Salt (GF)	\$2.00
Grain Waves	\$2.00

DRINKS

Water (600mL)	\$2.00
Juice (250mL)	\$2.50
Apple	
Apple & Blackcurrant	
Orange	
Flavoured Milk (250mL)	
Chocolate	\$2.50
Strawberry	
Honeycomb	
Hot Chocolate - Milo (Winter only)	\$2.00

FRESH SNACKS

Crackers - Butter & Vegemite	\$0.20
Bread Stick	\$0.20
Pikelet	\$0.50
Milo Cereal Bag	\$0.50
Fresh Fruit	\$2.00
Apple	
Banana	
Orange	
Fruit Juice Jelly Cup	\$1.00
Custard Cup	\$1.50
Jelly & Custard Cup	\$1.50

FROZEN ITEMS

Yoghurt Cube	\$0.50
Watermelon Wedge	\$0.50
Pineapple Ring	\$0.50
Quelch Ice Block	\$1.00
Juicee	\$1.50
Apple	
Apple & Blackcurrant	
Wildberry	
TNT Ice Mony	\$1.50
Blue Raspberry	
Red Berry Blast	
Tropical	
Moosie (Ice Cream Bar)	\$2.00
Blue Moon	
Chocolate	