



The Munch Factory 2.0 - Engadine Public School Canteen - Term 3 2020

<u>SANDWICHES (Rolls 60c extra)</u>		<u>HOT FOODS</u>		<u>SNACKS</u>	
Wholemeal or Hi Fibre unless white requested		Chicken breast snitzel on a roll or wrap with lettuce and aioli	\$4.00	A bag of Popcorn (GF) *	\$1.00
Ham, Chicken, Tuna or Salad	\$3.00			Red Rock Deli Chips -Sea Salt *	\$1.50
Tomato or Cheese	\$2.50			100% Fruit Juice Jelly cup *	\$1.00
Vegemite or Honey	\$2.00	Corn on the cob (GF)	\$1.00	Nachos – corn chips, salsa, cheese (not available at lunch)	\$1.00
<i>Extra fillings</i> - lettuce, cheese, tomato, beetroot, carrot, cucumber	50c	Burrito – beef mince, avocado, tomato, lettuce, cheese and salsa	\$4.50	Cup of custard *	\$1.00
- Ham, Chicken or Tuna	\$1.00	Hamburger with tomato & lettuce	\$4.00	Muffins – apple, blueberry, banana *	\$1.50
<i>Extra for toasting</i>	50c	<i>Add sauce to any burger choice:</i> Mayo, sweet chilli, tomato or bbq		Banana Bread *	\$2.00
<u>SALAD</u>		Pizza (ham & pineapple) or (cheese & ham)	\$3.50	<u>DRINKS</u>	
Salad Tubs- Lettuce, tomato, carrot, cucumber (GF)	\$4.00	Lasagne	\$4.00	100% fresh fruit juice - Apple, Orange, Apple/blackcurrant	\$2.00
Extras- as per extras in sandwiches		Spaghetti Bolognese	\$3.50	Water (600mL)	\$1.50
<u>SUSHI- Wednesdays only *</u>		Macaroni & cheese	\$3.50	Plain milk	\$1.50
Teriyaki chicken hand roll (GF)	\$4.00	Crumbed Chicken Tenderloins	\$2.00	Milk (chocolate or strawberry)	\$2.00
Tuna hand roll (GF)	\$4.00	Sausage Roll	\$3.50	<u>FROZEN TREATS</u>	
Vegie hand roll (GF)	\$4.00	Garlic Bread *	50c	Moosies (ice cream bar)	\$1.50
<i>*Choice of any/all carrot & cucumber are optional for no extra charge.</i>		<u>EXTRA</u>		Juicee (tropical, apple/blackcurrant) – half	50c
Avocado	50c	Sauce sachet	\$0.30	(Apple, Wild berry) whole	\$1.00
NOW MADE FRESH ON PREMISES					
<u>FRUIT</u>		<div style="border: 2px dashed blue; padding: 10px; color: red; font-weight: bold;"> All foods are freshly made on premises including Sushi </div>		<div style="border: 2px solid blue; padding: 10px; color: blue; font-weight: bold;"> * These items are available during recess and by lunch orders ONLY </div>	
Seasonal fruit- whole (GF)	\$1.00	Write your child's lunch order on a paper bag with their name and class at top.			
Fruit cups (GF)	\$1.00	If you don't provide a bag, you will be charged an extra 20c			
Fruit slices	20c				
Apple slinky- BYO apple, otherwise add the cost of an apple (GF)	30c				

NOTE: WE ARE CLOSED ON MONDAYS AND TUESDAYS