McDonald Park School
SNACK ATTACK SHACK

Spring/Summer Menu

The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DECD ‘RIGHT BITE’ Healthy Eating Guide for schools and pre-schools and ‘The Australian Dietary Guidelines for Children and Adolescents’. Please write your CHILD’S NAME and ROOM NUMBER on a large paper lunch bag. Lunch bags are available from the canteen, 10 for 40c or alternatively from Coles or Woolworths. Plastic forks and spoons required for foods brought from home will be 5c each. Foods brought from home will NOT be re-heated in the canteen due to health regulations. Any price changes or new items will be notified in the fortnightly newsletter. Late lunch orders will be accepted, however they will be given what is available and if there is insufficient money in the bag the order will be reduced. THERE IS NO CREDIT AVAILABLE FROM THE CANTEEN.

Sandwiches / Rolls / Wraps

<table>
<thead>
<tr>
<th>White/Wholemeal</th>
<th>Sandwich/Wrap</th>
<th>Roll</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$1.40</td>
<td>$1.70</td>
</tr>
<tr>
<td>Cheese</td>
<td>$1.50</td>
<td>$1.80</td>
</tr>
<tr>
<td>Egg</td>
<td>$2.00</td>
<td>$2.30</td>
</tr>
<tr>
<td>Ham</td>
<td>$2.10</td>
<td>$2.40</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.00</td>
<td>$3.30</td>
</tr>
<tr>
<td>Chicken</td>
<td>$2.60</td>
<td></td>
</tr>
<tr>
<td>Salad only (lett,car,tom,cuc)</td>
<td>$2.50</td>
<td>$2.80</td>
</tr>
<tr>
<td>Ham salad</td>
<td>$3.30</td>
<td>$3.60</td>
</tr>
<tr>
<td>Tuna salad</td>
<td>$4.30</td>
<td>$4.60</td>
</tr>
<tr>
<td>Chicken salad</td>
<td>$3.80</td>
<td>$4.10</td>
</tr>
</tbody>
</table>

Extra filling add 30c

Extra fillings available: Carrot, Cheese, Cucumber, Lettuce, Tomato, Beetroot

All Sauce, Mayo, Sweet Chilli Sauce add 20c

Salads

Super Salad Bowl includes: lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot $3.70

Mini Salad Bowl $2.50

Add Ham 50c

Add Tuna / Chicken 1.00

Noodle Salad Small Tub 80c Large Tub 1.60

Thirst Busters

Water 1.50

Nippys Flavoured Milk

200ml - Choc, Strawberry, Honeycomb 2.00

375ml - Choc, Strawberry, Honeycomb, Banana 2.40

Nippy’s Pure Fruit Juice

250ml Apple, Orange, Apple/Blackcurrant, Orange/Mango 1.50

Nice & Icy

Frozen Juice Cups 60c

Paddle Pop Moo 1.40

Milo on a Stick 1.40

Paddle Pops 1.40

Frozen Go Gurt Yoghurt 80c

Hot & Tasty

Pizza Slab Hawaiian or Supreme 2.50

Beef Lasagne 3.00

Spaghetti Bolognaise 3.00

Macaroni Cheese 3.00

Chicken Burger with Lettuce & Mayo (In a Wholemeal Roll) 3.50

Chicken Burger with Salad, Cheese & Mayo (In a Wholemeal Roll) 4.00

Ham Burger with Salad, Cheese & Sauce 4.00

Savory Quiche 2.60

Daily Specials

MONDAY – Muffin Monday $2.50

Ham, Egg and Cheese Muffin

TUESDAY – Twisted Tuesday $3.50

Crumbed chicken, lettuce, tomat, sweet chilli sauce wrap

WEDNESDAY – Wicked Wednesday $2.50

Potato Wedges with Sweet Chilli Sauce + Sour Cream with side salad of lettuce, tomato & cucumber

THURSDAY – Tasty Thursday $2.20

Hot Dog in White Roll

FRIDAY – Flaky Friday

Pie, Pasty 2.60

Sausage Roll 2.00

Party Pie 1.00

Sauce 20c

Meal Deals

JURASSIC PARK BOX $3.00

3 Dino Nuggets, noodle salad, carrot, cheese, cucumber, celery sticks

With 6 Nuggets $4.00

NEMO’S TREASURE CHEST $3.00

1 Piece crumbed fish, noodle salad, carrot, cheese, cucumber, celery sticks

With 2 Fish $4.00

VEGI SLICE WITH SALAD $3.50

Vegetable slice with carrot, cheese, celery & cucumber sticks

McPARK SPUD $3.00

Baked potato with ham, cheese, coleslaw and Sour Cream

Snack Time

Seasonal Fruit 1.00

Go Gurt Yoghurt Tube 80c

Pop Corn 50c

JJ Veggie Chips Burger/Chicken 1.00

Honey Soy Chips 1.00

Assorted Fruit Muffins 1.00