

**SANDWICHES - WHOLEMEAL BREAD / ROLLS / WRAPS**

Plain wholemeal buttered roll	\$0.70	Grilled Chicken Breast	\$4.00
Honey	\$2.00	Grilled Chicken Breast with Mayo	\$4.00
Jam	\$2.00	Grilled Chicken Breast Lettuce & Mayo	\$4.50
Vegemite	\$2.00	Grilled Chicken Breast and Salad	\$5.00
Vegemite and Cheese	\$2.50	<b>SANDWICH EXTRAS</b>	
Cheese	\$2.50	Wholemeal Bread Roll	\$0.60
Cheese and Tomato	\$3.00	Wholemeal Wrap	\$1.00
Cheese and Salad	\$3.50	Gluten Free Wrap	\$1.00
Salad	\$3.50	Ham	\$3.50
Tomato	\$3.00	Ham and Cheese	\$3.50
Tuna	\$3.50	Ham and Tomato	\$3.50
Tuna and Mayo	\$3.50	Ham, Cheese and Tomato	\$3.50
Tuna, Lettuce and Mayo	\$3.50	Ham and Salad	\$4.00

**FRUIT / SALAD - Everyday**

Seasonal Fruit	\$1.00	Frozen Pineapple Rings	\$0.50
Slinky Apple (apple provided by child)	Free	Watermelon Slices (approx 2cm thick)	\$1.00
Slinky Apple (apple provided by canteen)	\$1.00	Frozen Fruit Bags (Oranges/Grapes)	\$1.75
Fruit Salad Cup	\$2.75	Garden Salad Cup	\$2.00

**HOT FOOD - Everyday****Available Monday to Thursday**

Good Food Hero Coconut Chicken Thai Curry and Jasmine Rice	\$5.00	Grilled Chicken Breast Burger (lettuce & mayo)	\$5.00
Good Food Hero Beef Korma with Rice	\$5.00	Butter Chicken	\$4.50
Good Food Hero Bolognese Pasta Bake	\$5.00	Homemade Cup of Rice	\$1.50
Good Food Hero Macaroni Cheese	\$5.00	Enrico's Beef Lasagne	\$5.50
Good Food Hero Thai Fried Rice + Chicken	\$5.00		

**HOT FOOD - Occasional Treat**

Chicken Goujon Wrap (lettuce & mayo)	\$5.50	Sausage in a roll	\$4.00
5 x Chicken Goujons with Slinky Apple	\$4.50	Four n Twenty Beef Traveller Pie - 160g	\$4.50
5 x Chicken Goujons with Fruit Salad	\$5.00	Mrs Mac's Lite'n Up Sausage Roll - 120g	\$4.00
5 x Chicken Goujons with Garden Salad	\$4.50		

**Sauces**

Tomato - 8ml	\$0.25	Soya Sauce - 8ml	\$0.25
BBQ - 8ml	\$0.25		

**SUSHI - TUESDAYS and FRIDAYS ONLY**

All orders for sushi must be placed on Munchmonitors by 8.20am Friday.

No late orders for sushi will be accepted.

Plain Avocado	\$4.20	Plain Cucumber	\$4.20
Cooked Tuna and Cucumber	\$4.20	Crab Stick and Avocado	\$4.20
Cooked Tuna and Avocado	\$4.20	California Roll	\$4.20
Teriyaki Chicken and Lettuce	\$4.20	Vegetable Roll	\$4.20
Crumbed Prawn - occasional	\$4.20	18 piece Mini Avocado Rolls	\$6.90
Chicken Schnitzel - occasional	\$4.50	18 piece Mini Cucumber Rolls	\$6.90
9 piece Mini Avocado Rolls	\$4.20	18 piece Mini Tuna Rolls	\$6.90
9 piece Mini Cucumber Rolls	\$4.20	18 piece Mini Cucumber Rolls	\$6.90
9 piece Mini Tuna Rolls	\$4.20	18 Piece Mini Salmon Rolls	\$7.90

<b>DRINKS - Everyday</b>			
Plain Milk - 300ml	\$1.70	Glee Grape Sparkling Fruit Juice	\$2.20
Light Chocolate Milk - 300ml	\$2.20	Glee Blackcurrant Sparkling Fruit Juice	\$2.20
Light Strawberry Milk - 300ml	\$2.20	Glee Raspberry Sparkling Fruit Juice	\$2.20
Emma and Tom's Life Juice- Karma Rama	\$2.80	Glee Tropical Sparkling Fruit Juice	\$2.20
Emma and Tom's Life Juice - Berry Blast	\$2.80	Glee Sour Blueberry Sparkling Fruit Juice	\$2.20
Emma and Tom's Straight Squeezed OJ	\$2.80	Glee Sour Watermelon Sparkling Fruit Juice	\$2.20
Emma and Tom's Cloudy Apple Juice	\$2.80	Bottled Water - 350ml	\$1.00
Emma and Tom's Life Juice - Pineapple	\$2.80		
<b>SNACKS - Everyday</b>			
Bread Stick - 6g	\$0.20	Homemade Fruit Juice Jelly Cups	\$0.80
4 Bread Sticks - 25g	\$0.70	Canteen Made Garlic Bread	\$1.50
Custard Cup - 70ml	\$0.80	Homemade Pancakes - Plain	\$0.50
Custard Cup - 120ml	\$1.30	Homemade Pancakes with Maple Syrup	\$0.50
Yoghurt Cup - 120ml	\$1.20	Homemade Pancakes with Jam	\$0.50
Neetnacs (1/2 Wholemeal roll grilled with tomato puree & cheese)	\$1.50	Corn on the cob	\$0.80
Cheesymite Roll	\$1.50		
<b>SNACKS - Occasional Treat</b>			
Sea Salt Red Rock Chips - 28g	\$2.00	Canteen Made Fruit Muffins - 70g	\$1.70
Hash Browns - 25g	\$0.40	Popsy Popcorn - 25g	\$1.00
<b>ICE CREAMS - Everyday (only available at lunch before 1.30pm)</b>			
Quelch Fruit Juice Stick - Apple	\$0.60	Tasman Bay Juicies Tube - Lemonade	\$1.20
Quelch Fruit Juice Stick - Blackcurrant	\$0.60	Tasman Bay Juicies Tube - Orange	\$1.20
Quelch Fruit Juice Stick - Raspberry	\$0.60	Tasman Bay Juicies Tube - Tropical	\$1.20
Quelch Fruit Juice Stick - Strawberry	\$0.60	Tasman Bay Juicies Tube - Wildberry	\$1.20
Tasman Bay Juicies -Tropical	\$1.00		
Tasman Bay Juicies - Wildberry	\$1.00		
<b>ICE CREAMS - Occasional Treat (only available at lunch before 1.30pm)</b>			
Twisted Frozen Yoghurt - Choc Vanilla	\$2.30		
Twisted Frozen Yoghurt - Mango and Watermelon	\$2.30	Twisted Frozen Yoghurt - Strawberry Vanilla	\$2.30
<b>GLUTEN FREE ITEMS</b>			
All fruit, drinks, ice creams and sushi			
Sandwich combos as per sandwich menu			
GF Meat Pie	\$5.00	Custard Cup - 70ml	\$0.80
GF Sausage Roll	\$5.00	Custard Cup - 120ml	\$1.30
Sea Salt Rock Deli Chips - 28g	\$2.00	Homemade Fruit Juice Jelly Cups	\$0.80

Green = Everyday

Amber = Occasional

[www.munchmonitor.com](http://www.munchmonitor.com)

School ID: Forestville,

Password: munch2087

After setting up your account, if you then have any issues placing your orders on Munchmonitors, please text:

**Tania** - 0414 528 534 (Monday, Tuesday and Friday)

**Kim** - 0412 254 310 (Wednesday and Thursday)