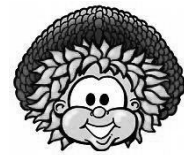




Café MOCO Menu Autumn/Winter-2018



Canteen is open Tuesday - Friday

Hot Food Available Every day

Garlic Breadstick	\$1.50
Warm Cheese Roll (<i>recess & lunch</i>)	\$1.30
Mini Corn Cob	80c
Torcheesy	\$2.60
Hamcheesy (<i>Torcheesy with Ham</i>)	\$3.20
Toasted Cheese Sandwich	\$2.60
Toasted Cheese & Ham Sandwich	\$3.20
Toasted Cheese & Tomato Sandwich	\$3.20
Chicken Noodle Cup	\$2.50
Margarita Pizza	\$3.00
Nachos <i>GF</i>	\$3.20
Macaroni Cheese	\$3.50
Beef Lasagne	\$3.50
Homemade Pasta & Sauce	\$3.00
GF Homemade Pasta & Sauce <i>V</i>	\$3.00
Chicken Nuggets - 3 Pack <i>GF</i>	\$1.50
Spinach and Ricotta Roll	\$2.50
Small Beef Pie	\$2.50
Chicken Burger	\$4.00
Chicken Burger with Cheese	\$4.25

Note: NO Chicken Burgers on Friday

Sauces:

Tomato, BBQ, Sweet & Sour	30c
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Fresh Sushi – Wednesday ONLY

Teriyaki Chicken & Lettuce	\$3.00
Tuna & Avocado <i>GF</i>	\$3.00
Avocado & Cucumber <i>GF V</i>	\$3.00
<i>(all Sushi comes with soy sauce)</i>	

Sandwiches Available Every Day

Create your own sandwich

Choose Wholemeal Bread or a Tortilla Wrap	\$1.50
<i>Add your choice of fillings:</i>	
Honey or Vegemite	+ 50c ea
Tomato or Cheese slice	+ 60c ea
Baked beans	+ 80c
Egg & Mayo	+\$1.00
Shredded Chicken	+ \$1.50
Ham	+ \$1.50
Tuna	+ \$1.50
Avocado	+ \$1.00
Carrot, Lettuce, Beetroot	+ 20c ea
Pineapple, Cucumber	+ 20c ea
Toasted	+ 50c
Add sauce:- Mayonnaise, Sweet Chilli, Tomato, BBQ	

Recess and Lunch Orders

SAO Biscuits (2) - Vegemite	20c
SAO Biscuits (2) - Cheese	40c
SAO Biscuits (2) – Cheese & Tomato	60c

Salad Box – Available Every Day

Lettuce, tomato, carrot, cucumber, cheese, beetroot, pineapple, and slice of wholemeal bread.	\$3.50
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See Extras above for :

Egg / chicken / tuna / ham / avocado

GF – Gluten Free

V – Vegetarian



Café MOCO Menu

Autumn/Winter-2018



Snacks	
Dino Nibbles - Small	10c
Dino Nibbles –Large	20c
Rice Cracker with Cheese (1) GF	10c
Hommus Hedgehog (hommus & carrot sticks)	50c
Fruit – Seasonal Availability	
Piece of Fruit	50c
Packaged Fruit	80c
Yoghurt with berries	\$1.00
Choc Chip Cookies (recess only)	60c
Rice Crackers	40c
Popcorn – Small – Plain GF	60c
Popcorn – Large – BBQ GF	\$1.00
Pretzels	70c
Potato Sticks – Chicken	80c
Delites – Sour Cream & Chives GF	\$1.00
Fingerbun	\$1.50
Gingerbread kids	\$1.30

Frozen Treats	
Frozen Fruit Cup (100% Pineapple juice)	50c
Froyo (Frozen yoghurt)	50c
Quelch Sticks	60c
Juicies Ice Treat (Apple/ B-Currant, Tropical, Wildberry)	\$1.00
Bulla Vanilla ice-cream cup GF	\$1.20
Callipo Mini	\$1.00
Icy Twist	\$1.00
Paddle Pops (Chocolate, Rainbow)	\$1.20
Frozen Yoghurt (Mango, Raspberry, or Strawberry)	\$1.70

Drinks	
Water – 300ml	\$1.00
Water – 600ml	\$2.00
Golden Circle Poppers – 200ml <i>Orange, Tropical, Apple, Apple & Blackcurrant</i>	\$1.00
Cup of plain “lite” Milk – 235ml	\$1.00
School Milk “Lite” – 300ml <i>Chocolate & Strawberry</i>	\$2.00
Glee (Carbonated Fruit Drink) <i>Blackcurrant, Tropical & Raspberry</i>	\$2.00

CANTEEN INFORMATION

Our Canteen is 100% volunteer manage and staffed as a subcommittee of the MCPS P & C.

Email: canteen@mcpsandc.asn.au

We are committed to providing tasty and nutritious food in accordance with the NSW Healthy School Canteen Strategy which is mandatory for all public schools in NSW which requires at least ¾ of the menu to be classed as “everyday food”.

Please note prices & Menu may vary from time to time. Please check newsletter for updates

Ordering

Online ordering is via the Qkr! With Masterpass App ONLY

Download onto your Smartphone (Apple or Android) or on your PC or Tablet. You can order up to 2 weeks in advance. **Order by 8:40am**

Volunteering

Our School’s Canteen is proudly 100% volunteer managed and staffed and we are always keen to welcome new volunteers to join us. If you can help out one day per month please contact us at the email address above to see how you can help.

Forgotten Lunches

We will offer either a vegemite or cheese sandwich, a piece of fruit and a small bottle of water to students who have forgotten their lunch. An invoice for the cost will be sent home with the student that day and we ask that you pay this as soon as possible

Allergies

We do not sell any nut products in the canteen however a small number of our products do come with a “may contain traces of nut” warning.

We encourage parents/carers of kids with allergies to come and check out the products that we stock in the Canteen to see if there is anything suitable for you to order or purchase. We would welcome suggestions of “allergy friendly” products to stock as different options.