**MRSHS CANTEEN SPRING MENU ORDER FORM**

**Name:** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Year:**  **\_\_\_\_**

**Form: \_\_\_\_**

**Recess: \_\_\_\_**

**Lunch: \_\_\_\_**

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* Fruit muffins ………………………………………………………………….…………………………$2.50
* Savoury scrolls with ham, cheese & oregano……………………………….……………$3.00
* Banana & coconut bread (Vegan)……………………………………………….……...….…$3.50
* Fresh cut fruit cup …………………………………………………………………………..………. $5.00
* Homemade almond and honey granola   
  layered with Greek yoghurt and berry compote ……………………………………… $5.00
* Almond milk chia pudding with Greek yoghurt & berry compote (G/free)...$5.00
  + Go nuts! (add roasted cashews & almonds) ……………………….…………. .50
* Grilled bacon brekkie rolls ………………………………….……………………………….…….$5.00
  + -Add a fried egg ……………………………………………………………………..........$1.00
  + -Go Gluten free ……………………………………………….……………………………. $1.00
* Cashew, date & cranberry Bliss balls (Gfree, Vegan) ……….………….……………..$2.00
* Almond, apricot & coconut oaty cookies ……………………………….…………………..$2.00
* Pasta bake – Check out todays specials board ………………………………………..… $6.00
* Ham & salad roll with grated carrot, cheese, mayo & tomato …………………… $7.00
  + -Go Gluten free / -Add avocado ………………………………….…………….…… $1.00 each
  + -Go Wholegrain roll / -Go Vego or vegan with avocado ……….……….. n/c
* Roast chicken wrap with fresh salad, slaw, cheese, mayo & fruit chutney……..………………………..………………………………………………………………..….…$7.00
  + -Go Gluten free / -Add avocado……………………………………………….……...$1.00 each
  + -Go Vego or vegan with avocado ………………………………………………...... n/c
* Mexi bean burrito with baby spinach and melting cheese,   
  served with sweet chilli and sour cream (Vego) …………………………………………. $6.50
  + -Go Gluten free………………………………………………………………………………. $1.00
* B.L.T bacon, lettuce & tomato roll with mayo & tomato relish ………………….. $7.00
  + -Go Gluten free / -Add avocado …………………….….…………………………… $1.00 each
  + -Go Wholegrain roll / -Go Vego or vegan with avocado ……..…………… n/c
* Buddha bowl with shredded roast chicken, rice noodles, slaw, fresh salad   
  & edamame beans with a soy sesame dressing on the side (G/free) ……………$7.00
  + -Go Vegan with avocado ……………………………………………………………………. n/c
  + -Add avocado …………………….…………………………………….…………………......$1.00

**Drinks & Snacks**

* 600ml water …………………………………………$3.00
* 100% juice box ..……………………………………$2.50

🞎 Orange 🞎 Apple 🞎 Apple blackcurrant

* Juice bombs…………………………….…………… $3.50

🞎 Watermelon 🞎 Orange passion 🞎 Grape   
🞎 Apple raspberry 🞎 Lime vanilla

* 300ml flavoured milk ……………………………$3.50

🞎 Chocolate 🞎 Coffee 🞎 Mocha

* Chocolate Yogo …….…………………………… $3.00
* Smiths chips ………………………………………. $2.50  
  🞎 Original 🞎 Salt & vinegar
* Icy poles………………………………………….... $2.50   
  🞎 Lemonade 🞎 Raspberry
* Billabong :

🞎 Chocolate 🞎 Rainbow…………………$3.00

* Quelch berry juice stick………..……………. $1.00
* Pop corn …………………………………………... $1.50