



Possum Café

Volunteers in the canteen are always welcome – for *any length of time* between 9am and 1.30pm Wednesday to Friday – If you have any questions about the menu, volunteering, or a lunch order, please Call Rouvaye or Zoe on 62415974 Wednesday to Friday *or* email maribyrnongprimarycanteen@gmail.com

2017

Wednesday to Friday

Drinks

99% Juice Box 250ml.....	\$1.30
(Apple Blackcurrant, Apple, Orange)	
Plain milk 300ml.....	\$1.20
Oak Flavoured Milk 300ml.....	\$1.70
(Chocolate lite, Strawberry lite, Banana Lite, Vanilla Malt)	
Spring Water 350ml.....	\$1.00

Drinks are available for Lunch Orders and B1 Counter Sales

B1 Counter Sales

A selection of these items will be available at B1; items may vary.

Apple Slinky.....	\$1.00	Pikelets.....	\$0.50
Fruit Juice Jelly Cup.....	\$0.80	Muffins.....	\$0.50
Custard Cup.....	\$0.80	Dip	
Custard & Fruit Cup.....	\$1.00	May include Hommus or Tzatziki	
Assorted Snacks.....	\$0.80	with vegetable sticks..	\$0.70
May include Cheerios', Cereal Snacks		with crackers.....	\$0.80
Potato Snacks.....	\$1.00	Potato Gems.....	\$0.10
May include Potato Sticks or Curls		(Oven baked)	
Carrot Sticks.....	\$0.10	Tortilla pizza slice.....	\$0.50
Seasonal vegetable sticks..	\$0.10	Prepared with light cheese	
Crackers.....	\$0.30	Streets Paddle Pops.....	\$1.50
(Rice crackers or Jatz Lite crackers)		Streets Dory Ice cream.....	\$2.00
Popcorn, air popped.....	\$0.30	Quelch 99% fruit ice block..	\$0.70
Cheese (light) and crackers...	\$0.80	½ Quelch 99% fruit ice block.....	\$0.40
Fruit Pot.....	\$1.50		

B1 Only

Lite Vanilla Ice cream cup.....	\$1.00
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Lunch Orders

Meal Deals

Each Meal Deal comes with 1 Side dish and 1 Juice, or 40c extra for Flavoured milk
Please select juice or milk flavour from Drinks

\$6.50 Meal Deals

Pasta Meal Deal

Lasagne or Macaroni Cheese

1 side dish

Juice or add 40c for flavoured milk

Burger or Wrap Meal Deal

Burger (Cheese, Plain, Chicken or Vege Burger only)

or Wrap (Please select from Wraps)

1 side dish

Juice or add 40c for flavoured milk

\$6.00 Meal Deals

Nugget Meal Deal

5 Chicken Nuggets

(Oven baked, gluten free available on request*)

1 side dish

Juice or add 40c for flavoured milk

Large Salad Meal Deal

1 Large Salad Box

(Contains, Lettuce, Carrot, Beetroot, Cucumber, Tomatoes,
Additional Items 50cents each)

1 side dish

Juice or add 40c for flavoured milk

\$5.50 Meal Deals

Toasted Sandwich Meal Deal

Toasted sandwich

(Please select from Toasted Sandwiches)

1 side dish

Juice or add 40c for flavoured milk

Pizza Meal Deal

McCain Ham & Pineapple Pizza

1 side dish

Juice or add 40c for flavoured milk

Side Dishes

Please choose 1 of the following

2 Spring Rolls (Oven baked)

2 Chicken Nuggets

(Oven baked, gluten free available on request*)

10 Potato Gems (Oven baked)

Snack Attack Pack- contains light cheese
and seasonal vegetable sticks

Corn Cobbett

Garlic Bread

*Please note that any gluten free items are made in a facility that handles many other wheat products. There is a possibility for food items to come into contact with wheat gluten/proteins. However unlikely, we are unable to guarantee that any menu item is completely gluten-free

Lunch Orders



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 Our sandwiches, toasted sandwiches, wraps, salads and burgers are prepared using light cheese and
 reduced sodium ham.

Sandwiches

Gluten free bread available on request*

Vegemite.....	\$1.50
Cheese.....	\$2.70
Egg.....	\$2.70
Ham.....	\$2.70
Roast Chicken.....	\$2.70
Salad.....	\$2.70

(Lettuce, tomato, cucumber, beetroot, carrot, lite mayonnaise)

Extra Sandwich items.....	\$0.50
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(Cheese, ham, tomato, salad)

Toasted Sandwiches

Gluten free bread available on request*

Cheese.....	\$3.00
Cheese and Tomato.....	\$3.70
Ham and Cheese.....	\$3.70
Roast Chicken and Cheese.....	\$3.70
Extra Sandwich items.....	\$0.50

Wraps

Salad.....	\$3.00
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(Lettuce, tomato, cucumber, beetroot, carrot, lite mayonnaise)

Ham and Salad.....	\$4.00
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Chicken Salad served warm...	\$4.00
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(Oven baked Chicken tender, lettuce, tomato, carrot, lite mayonnaise)

Sweet Chilli Chicken Wrap.....	\$4.00
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(Oven baked Chicken tender, lettuce, tomato, carrot & sweet chilli sauce)

Salad Boxes

Salad Box	Small \$3.00	Large \$4.00
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(Lettuce, tomato, cucumber, beetroot, carrot)

Cheese and Salad	Small \$4.00	Large \$5.00
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Ham and Salad	Small \$4.00	Large \$5.00
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Chicken and Salad	Small \$4.00	Large \$5.00
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Hot Food

Chicken Nuggets.....	\$0.70
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(Oven baked)

Gluten Free Chicken Nuggets*	\$0.70
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(Oven baked)

Party Pie.....	\$1.00
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(Mrs Mac's Good Eating)

Sausage Roll.....	\$3.00
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(Mrs Mac's Good Eating)

McCain Pizza.....	\$3.00
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(Ham and Pineapple)

Mini Spring Rolls.....	\$1.00
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(Vegetarian - Oven baked)

Corn Cobbett.....	\$1.50
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Potato Gems.....	\$0.10
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(Oven baked)

Garlic Bread.....	\$1.50
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Cheese Burger.....	\$4.00
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(Oven baked low fat meat patty, cheese, sauce & bun)

Plain Hamburger.....	\$4.00
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(Oven baked low fat meat patty, lettuce, tomato, sauce & bun)

Vege Bubble 'n' Squeak Burger	\$4.00
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(Oven baked Bubble'n'Squeak patty, lettuce, tomato, sauce & bun)

Chicken Burger.....	\$4.50
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(Oven baked School chicken burger, lettuce, lite mayonnaise & bun)

Hawaiian Burger.....	\$5.00
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(Oven baked School chicken burger, pineapple, lettuce, lite mayonnaise & bun)

Hamburger with the lot	\$5.00
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(Oven baked Low fat meat patty, lettuce, tomato, beetroot, cheese, cucumber, pineapple, sauce & bun)

Macaroni Cheese.....	\$4.50
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Lasagne.....	\$4.50
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Extras

Snack Attack Pack.....	\$1.50
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(Cheese (light) & seasonal vegetable sticks)

Sauce Portion.....	\$0.30
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Paper Lunch Bag.....	\$0.10
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B2 Orders



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Items will be delivered to the classroom

Piece of Fruit (seasonal).....	\$1.00	99% Fruit Juice Jelly.....	\$0.80
Popcorn, air popped.....	\$0.30	Dip with vegetable sticks.....	\$0.70
Pikelet.....	\$0.50	Carrot Sticks.....	\$0.10
May include plain, apple or carrot & cinnamon		Dip with crackers.....	\$0.80
Muffin.....	\$0.50	Vegemite triangle.....	\$0.40
May include, apple, banana or fruit		Potato Snacks (Curls or Stix)	\$1.00
Snack Attack Pack.....	\$1.50	Raisin bread triangle.....	\$0.40
Includes cheese (light) & seasonal vegetable sticks		Assorted Snacks.....	\$0.80
Cracker Pack.....	\$1.50	May include Cheerios', Cereal Snacks	
Includes cheese (light), crackers and tomato		Fruit pot (diced fruit in juice).....	\$1.50
Seasonal vegetable sticks.....	\$0.10	May include peaches, fruit salad or two fruits	
Crackers.....	\$0.30		

Ordering on Flexischools

<https://www.flexischools.com.au>

To order via Flexischools go to the website and register – you will be sent an email to set up your account. Once you have registered you can logon to your Flexischools account. Flexischools orders can be placed up until 8.45am on the day you are ordering and can also be ordered in advance.

Paper Bag Orders

The canteen also accepts traditional paper bag orders which are placed in the lunch order basket in your child’s classroom – Please make sure your lunch order bag is labelled with your child’s name and class, and contains money for your order. If you do not have a bag, a paper bag can be supplied for you at 10 cents each.

The Traffic Light System

All the food at Maribyrnong Primary Canteen adheres to the *National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2013 (NHSCG)*. Green foods are recommended for everyday and should be consumed more often. Amber items are smaller in size and contain some vital nutrients but may contain moderate amounts of fat, sugar and/or salt. No Red foods are available at the canteen during weekly service. Items are marked with their colour code on the Flexischools System. For more information see:

http://www.education.act.gov.au/teaching_and_learning/food-and-drink-guidelines/the-traffic-light-system-in-schools-factsheet