



# Middle Harbour Hangout 2021 Canteen Menu - Term 1

## Scrummy Snacks

- 20c Popcorn (GF)
- 60c Nutrigrain
- \$1.00 Raisin Toast (per slice)
- \$1.20 Fresh Seasonal Fruit
- \$1.50 Rice Crackers (GF)  
(Sour Cream & Chive or Salt & Vinegar)
- \$1.60 Chicken Jumpys
- \$2.00 Veggie Power Pack  
(Carrot, Cucumber, & Cherry Tomatoes)
- \$2.00 Red Rock Sea Salt Chips
- \$2.20 Crispy Fruits (Apple or Mango)
- \$2.20 Hummus or Minted Yoghurt Dip Pack  
(With Carrot & Cucumber Sticks) - GF **NEW!!!**
- \$2.50 Summer Trifle Cup - GF **NEW!!!**  
(Fresh Fruit, Light Custard, and Jelly)



## Frozen Fancies

- 80c Quelch Stick
- \$1.00 Slushie (Blackcurrant or Pineapple)
- \$1.20 Watermelon Wedge
- \$1.50 Double Delight Pop
- \$1.80 Red Berry Blast
- \$1.80 Summer Berry Yoghurt Pop
- \$1.80 Funky Fruit Pop
- \$1.80 Mango Madness Pop
- \$2.50 Chocolate Moosie
- \$2.80 Twisted Yoghurt Blueberry  
Cookie Dough



**\*\* NB: Lunch bags with frozen items must be returned to canteen to collect. \*\***

## Home Baked Treats

- \$2.00 Choc Chip Muffin
- \$2.80 Cheesy Pizza Scroll
- \$3.00 Banana Bread



## Thirsty Quenchers

- \$1.50 Plain Milk
- \$2.20 Water Bottle 500ml
- \$2.50 Juice Popper 250ml  
(Apple or Orange or Blackcurrant)
- \$2.80 Chocolate or Strawberry Milk 300ml
- \$3.00 GLEE 100% Fizzy Juice 250ml  
(Sour Watermelon, Sour Blueberry or Tropical Treat)
- \$3.00 Hot Chocolate



## Lunch Menu

★ Orders in by 9:30am ★

### Build 'Em Up Sandwich Bar

- \$1.50 Bread: White or Brown Bread
- \$2.00 Bread Roll

#### **Per Item**

- 80c Egg, Cheese, Tomato, Cucumber,  
Carrot, Beetroot, Pineapple or Lettuce

- \$1.50 Ham, Chicken, Tuna, Salami or Avocado

- \$3.80 Salad  
(Cucumber, Tomato, grated Carrot,  
Beetroot & Lettuce)

**\*\*\* Toasting 50c extra \*\*\***

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## Summer Salads

- \$4.80 Rainbow Salad - Cucumber, grated Carrot, Tomato, Lettuce & Dressing (GF/Veg)
- \$5.50 Tuna Tournado - Tuna, Pasta, grated Carrot, Cherry Tomato & Mayo
- \$5.80 Greek - Tomato, Cucumber, Lettuce Feta, Olives & Dressing (GF/Veg)



## Wicked Wraps

- Half: \$3.80**                      **Full: \$6.80**
- CLM - Chicken Schnitzel, Lettuce & Mayo
- BLT – Bacon, Lettuce, Tomato & Mayo
- Tuna Tempter – Tuna, Cucumber, Tomato, Lettuce & Mayo
- Tasty Thai – Chicken, Avocado, grated Carrot, Lettuce & Sweet Chilli
- Funky Falafel – Falafel, Tomato, Cucumber, minted Yoghurt & Lettuce - v **NEW!!!**



## Pizza Muffins (with Jo's secret sauce!)

<u>Half</u>	<u>Whole</u>	
\$2.00	\$3.50	Cheese
\$2.50	\$4.50	Ham & Cheese
\$2.80	\$5.20	Hawaiian
\$3.00	\$5.80	Megga Supreme
		(Ham, Salami, Olives, Feta & Basil)

## Homemade Hot Food

- \$1.50 Mini Sausage Roll
- \$1.50 Chicken Schnitzel Strips
- 20c Tomato, BBQ or Sweet Chilli Sauce
- \$4.00 Cheesy Macaroni – v
- \$4.80 Pasta Bolognese
- \$4.80 Fried Rice - GF
- \$4.80 Satay Chicken - GF

## Thursday Lunch Special ★

# Homemade FRESH SUSHI



**\$3.20 per Roll**

- \* Chicken & Lettuce
- \* Tuna & Cucumber
- \* Avocado

Or

**Summer Sizzler Special \$6.50**  
**Sushi Roll, Frozen Fruit and Drink (Juice or Water)**



## **Middle Harbour Hangout**



# **Birthday Celebrations**



### **Icy Treats**

**Double Delight Pops \$1.50 Each**

**Funky Fruit Pops \$1.80 Each**

**Summer Berry Yoghurt Pops \$1.80 Each**

### **Cupcakes**

**Classic Butterfly \$1 Each**

**Vanilla with lolly decorations \$1.50 Each**

**Chocolate with chocolate decoration \$2 Each**



**Please enquire at the Canteen or call 9904 1005 or m: 0405 159 730**

**48 hours notice is required for all birthday orders.**