



MENU

MONDAY TO THURSDAY

BEFORE SCHOOL

Supported by our P&C and Mission Australia

| | |
|--------------|------|
| *Fresh Fruit | FREE |
| *Toast | FREE |

SNACKS

Recess Only

| | |
|--------------------|--------|
| *Pasta Cups | \$2.00 |
| *Pizza Bread Slice | \$2.00 |

SNACKS

Recess & Lunch

| | |
|--|---------|
| *Fresh Fruit | Various |
| <i>Red/green apple, orange, mandarin, pear, banana</i> | |
| *Slinky apples - your apple | FREE |
| *Slinky apples - buy an apple | \$1.00 |
| *Fresh Fruit Salad Cup | \$2.00 |
| *Watermelon Cup | \$2.00 |
| *5 Finger Snack with Hommus | \$2.00 |
| <i>Sticks of carrot, celery, cucumber, apple, low fat cheese</i> | |
| Mini Muffins | \$0.50 |
| *Wholemeal Cracker Biscuits (ea) | \$0.10 |
| *5 Cracker Biscuits & Cheese | \$1.50 |
| <i>5 pieces - wholemeal biscuit & low fat cheese</i> | |
| Red Rock Deli Chips | \$1.50 |
| <i>Sea Salt</i> | |
| Grain Waves | \$1.50 |
| <i>Sour Cream & Chives</i> | |
| *Popcorn (air popped) | \$1.00 |
| *Garlic Bread | \$1.50 |
| *Cheesy Garlic Bread | \$2.00 |
| *Custard Cup | \$1.00 |

FROM THE FREEZER

Lunch Only

| | |
|----------------------------|--------|
| *Quelch Fruit Juice Tubes | \$1.00 |
| *Frozen Pineapple Ring | \$0.50 |
| *Moosies (Choc) | \$1.50 |
| *Juicies Tubes | \$1.50 |
| <i>Various flavours</i> | |
| *Ice Mony (TNT) Freeze Pop | \$1.50 |
| <i>Various flavours</i> | |
| Twisted Frozen Yoghurt | \$2.50 |
| <i>Various flavours</i> | |
| Snapstix | \$1.50 |
| <i>Various flavours</i> | |

MY SCHOOL CONNECT

Skip the canteen line with
My School Connect
Download the App
Select My School Tuckshop
Order your lunch (one order per child)
Make sure you receive the order
confirmation
Skip the queue

www.myschoolconnect.com.au

NOTE:

Your canteen account is separate to your school account

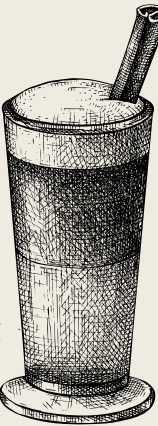
DRINKS

Before School, Recess & Lunch

| | |
|---|--------|
| *Bottled Spring Water | \$1.50 |
| *Juice (250ml) | \$2.50 |
| <i>Apple & Blackcurrant, Apple, Orange</i> | |
| *M2Go (250ml) | \$2.50 |
| <i>Reduced fat - Chocolate or Strawberry</i> | |
| *Cold Milo | \$2.00 |
| <i>Reduced fat milk</i> | |
| *Milk Cup | \$1.50 |
| <i>Reduced fat milk</i> | |
| *Warm Milo | \$2.00 |
| *Juice Bombs | \$2.50 |
| <i>Watermelon, Apple/Raspberry, Grape, Orange/Passionfruit, Apple/Coola, Apple/Blackcurrant, Vanilla/Lime</i> | |
| *Glee Juice Bubbles | \$2.50 |
| <i>Tropical, Raspberry, Bubblegum/Grape, Blackcurrant, Sour Watermelon, Sour Blueberry</i> | |
| *Up & Go | \$2.50 |
| <i>Chocolate, Strawberry, Banana, Vanilla</i> | |
| *Dairy Free Up & Go | \$2.50 |
| <i>Chocolate</i> | |

Milton Public School is a "Healthy School Canteen" with a minimum of 75% of 'everyday foods' (*) included on every menu

MENU UPDATED ON 23 JULY 2024





MENU

MONDAY TO THURSDAY

LUNCH

sandwich

| | |
|--------------------------|--------|
| *Salad | \$4.50 |
| *Salad & Chicken | \$5.00 |
| *Salad & Ham | \$5.00 |
| *Salad & Tuna | \$5.00 |
| *Salad & Egg | \$5.00 |
| *Salad & Cheese | \$4.50 |
| *Chicken, Lettuce & Mayo | \$4.50 |
| *Ham & Cheese | \$4.50 |
| *Ham, Cheese & Tomato | \$4.50 |
| *Egg, Lettuce & Mayo | \$4.50 |
| *Vegemite & Cheese | \$4.00 |

Add 50c for roll or wrap

Add 30c toast your sandwich or wrap

Add \$1.00 per sandwich Gluten Free Bread

Select from white, wholemeal or wholegrain bread, roll or wrap

Our oven roasted sliced chicken is Gluten Free

SNACKS

Recess & Lunch

| | |
|---------------------------------------|--------|
| *Salad Bowl | \$3.50 |
| Fresh garden salad | |
| *Creamy Pasta Salad Bowl | \$3.50 |
| Pasta, mayo, carrot, celery, capsicum | |
| Add Chicken or Tuna or Ham | \$1.50 |

LUNCH

Hot Food

| | |
|---|--------|
| Fish Burger | \$5.50 |
| Crumbed fish fillet, lettuce & mayo | |
| Chicken Burger | \$5.50 |
| Crumbed chicken, lettuce and your choice of BBQ or tomato sauce or mayo | |
| Beef Burger | \$5.50 |
| Beef patty, lettuce, cheese, tomato & your choice of BBQ or tomato sauce | |
| Falafel Burger | \$5.50 |
| Falafel patty, lettuce, tomato, cheese & your choice of hummus, sweet chilli, mayo, tomato or BBQ sauce | |
| Chicken Tenderloin Wrap | \$4.50 |
| Crumbed chicken tenderloin, lettuce & mayo | |
| Mini Beef Pie (lite) | \$2.00 |
| Sausage Roll | \$4.00 |
| Spinach & Fetta Roll | \$4.00 |
| 4 Chicken Dippers | \$4.00 |
| *BBQ Chicken Pizza Single | \$5.00 |
| Pasta sauce, chicken, low fat cheese, BBQ sauce on thin crust | |
| *Ham & Cheese Pizza Single | \$5.00 |
| Pasta sauce, ham, low fat cheese on thin crust | |
| *Ham, Cheese & Pineapple Pizza Single | \$5.00 |
| Pasta sauce, ham, pineapple, low fat cheese on thin crust | |
| *Margarita Pizza Single | \$5.00 |
| Pasta sauce, low fat cheese on thin crust | |

LUNCH

Hot Food

| | |
|--|--------|
| *Beef Lasagne | \$4.50 |
| Twista Pasta Bolognaise | \$4.50 |
| *Beef Lasagne (Gluten Free) | \$5.00 |
| *Fried Rice (Gluten Free) | \$4.50 |
| *Mac & Cheese | \$4.50 |
| *Mac & Chesse (Gluten Free) | \$5.00 |
| *Meatball Sub | \$5.50 |
| Meatballs in bolognaise sauce & cheese | |
| *Sauce | \$0.50 |
| Tomato, BBQ, Sweet & Sour | |

LUNCH

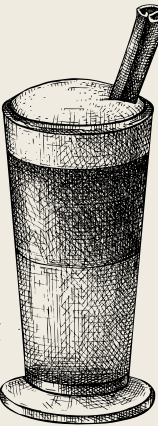
Toasties

| | |
|---------------------|--------|
| *Baked Bean Toastie | \$4.00 |
| *Spaghetti Toastie | \$4.00 |

MONTHLY MEAL DEAL

Check the weekly Parent Newsletter for details

MENU UPDATED ON 23 JULY 2024





BURGERS

Beef Burger \$5.50

*Beef patty, lettuce, tomato and cheese
and your choice of tomato or BBQ sauce*

Chicken Burger \$5.50

*Crumbed chicken, lettuce, tomato and
cheese and your choice of tomato or BBQ
sauce*

Fish Burger \$5.50

Crumbed fish, lettuce and mayo

Falafel Burger \$5.50

*Falafel patty, lettuce, tomato and cheese
with your choice of mayo, hommus or
sweet chilli sauce (or try all of the
sauces together)*

Would you like to volunteer in our
canteen?

Please contact the office on
02 4455 1504.

Volunteers will need to complete some
paperwork and a short free food
handling course before commencing.
All volunteers are welcome!

MENU

FRIDAY ONLY SPECIAL MENU

Fridays in the canteen are one of the
busiest days of the week.

To support our canteen staff and
volunteers, we have introduced a
reduced Friday menu.

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OTHER HOT MEALS

Twista Pasta \$4.50

*Fried Rice \$4.50

Margarita Pizza \$5.00

Sausage Roll \$4.00

Spinach & Fetta Roll \$4.00

Mini Beef Pie \$2.00

Chicken Dippers \$4.00

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