Mortlake Public School

Canteen Menu

**Lunch Orders (online only via QKR App by 9am)**

**Monday (lunch only)**

Hotdog $3.50

*Extras:* tomato or BBQ sauce $0.30

Chicken Burger (crumbed chicken, lettuce, tomato, mayonnaise) $4.50

**Wednesday (lunch only)**

Chicken Wrap (crumbed chicken tenderloin, lettuce, cheese, tomato, mayonnaise) $4.00

Sausage Roll $3.00

Spinach and Ricotta Roll $3.50

Meat Pie (large) $4.00

Meat Pie (small) $2.50

*Extras:* tomato or BBQ sauce $0.30

**Friday (lunch only)**

Tuna Sushi Roll $3.50

Chicken Katsu Sushi Roll $3.50

Cucumber Sushi Roll $3.50

Avocado Sushi Roll $3.50

**Everyday Lunch Menu**

Sandwich fillings;

(ham, tuna, cheese, cucumber, tomato, beetroot, carrot, baked beans, spaghetti)

Sandwich – 1 filling $2.50

Sandwich – 2 fillings $3.00

Sandwich – 3 fillings $3.50

Sandwich – 4 fillings $4.00

Extras: Chicken $1.00

Avocado $1.00

Wrap $0.50

Toasted $0.50

Croissant Plain $3.00

*Extras:* cheese $0.50

Ham $0.50

Veggie Sticks (celery, cucumber, carrot, and capsicum) $1.00

Fruit Salad Tub (seasonal fruit) $1.50

Peckish Rice Crackers (BBQ, plain, cheese, sour cream and chives) $1.00

Popcorn lightly salted $1.00

Gingerbread Man $1.50

**Drinks (lunch and recess)**

Water $1.50

Small plain milk $1.50

Small chocolate or strawberry milk $2.00

Juice Poppa (apple, apple and blackcurrant, tropical) $2.00

Chill J Sparkling Fruit Juice (grape, raspberry, orange passion, lemonade) $2.20

**RECESS MENU** *A selection of these delicious recess items available everyday*

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| **Item** |  | |  | |  | |  | |  | |  | |
| Small Fruit Salad Cup | |  | |  | |  | |  | |  | | $0.50 | |
| Watermelon Slice | |  | |  | |  | |  | |  | | $0.50 | |
| Pikelets (freshly made) | |  | |  | |  | |  | |  | | $0.20 | |
| Bread Sticks (freshly made) | |  | |  | |  | |  | |  | | $0.20 | |
| Small Open Grilled Toastie (ham/cheese etc) | |  | |  | |  | |  | |  | | $0.50 | |
| Mini Pizza Bite (various toppings, freshly made) | |  | |  | |  | |  | |  | | $0.50 | |
| ANZAC Biscuit (freshly made) | |  | |  | |  | |  | |  | | $0.50 | |
| Popcorn lightly salted | |  | |  | |  | |  | |  | | $1.00 | |
| Peckish Rice Crackers (BBQ, plain, cheese, sour cream & chives) | |  | |  | |  | |  | |  | | $1.00 | |
| Gingerbread Man | |  | |  | |  | |  | |  | | $1.50 | |
| Quelch Ice block | |  | |  | |  | |  | |  | | $0.50 | |
| Moose’s frozen milk treat (chocolate or strawberry)  Twisted frozen yoghurt (chocolate or strawberry) | |  | |  | |  | |  | |  | | $1.00  $2.00 | |

Canteen volunteers required! Masterchefs and sandwich experts welcome!

Hi, my name is Tiffany Newling and I am your new Canteen Manager at Mortlake. I am a mum of three, with two of my children currently attending MPS. I am super excited to take on this roll and look forward to getting to know you and your children over the coming months.

Providing nutritious food in our canteen is a vital step in helping kids set up healthy routines and habits for life. Our canteen is run with the help of a network of volunteers from our school community working together. If you can spare any time to join our network and help prepare and serve food at our canteen, we would very much appreciate a hand. It is easy and fun work, a great opportunity to meet new people in our school community, and the best bit is that you can dedicate as much or as little time as you like. We are open on Monday, Wednesday and Friday of each week and have two shifts available: lunch (9:30am to 11:30am) or recess (2pm to 3pm).

If you are interested, please send me an email at [mortlakepandc.canteen@gmail.com](mailto:mortlakepandc.canteen@gmail.com) with the following information:

Name and best contact number

Day(s) available to volunteer: Monday/Wednesday/Friday

Frequency you would like to volunteer: Once a week/Once a fortnight/Once a month/Once a term

Shift preference: lunch (9:30am to 11:30am) or recess (2pm to 3pm)

If you have any queries, please feel free to contact me by email at [mortlakepandc.canteen@gmail.com](mailto:mortlakepandc.canteen@gmail.com) or track me down at the school gate for a chat!

Many thanks,

Tiffany and the Canteen Committee

**We are currently in the process of putting together a new menu for the winter**

**months. We would love to hear from you if you have any suggestions. Just send**

**an email to the above address with all your great ideas. Please keep in mind that**

**we need to meet the NSW Healthy Canteen guidelines.**