# Menu

## Munch Canteen

### Munch Lunch Hot Food
- Chicken Nuggets (5)(A) $3.50
- Chicken & Corn roll (A) $2.50
- Beef & Vegetable roll (GF, A) $2.50
- Fish Fingers (5) (A) $3.00
- Meat pies (H, A) $3.50
- Sausage rolls (H, A) $3.50
- Pizza Slices (variety)(A) $3.00
- Butter Chicken (A) $4.00
- Spaghetti Bolognese (GF, A) $4.00
- Chicken Burger with lettuce (A) $4.00
- Hot Dog (H, A) $3.50
- Sauce $0.40

## Munch Snacks
- Bread sticks (A) $0.20
- Chunkies cookies (A) $0.50
- Custard cups (G) $0.20
- Sultana’s (G) $1.00
- Celery + Carrot sticks +Hommus (G) $1.00
- Jumpy’s (A) $1.50
- RR Honey Soy Chicken (A) $2.00
- Popcorn lightly salted (A) $2.00
- Ovulateenies (A) $1.00

## Munch Ice Creams
- Quench Ice Blocks (G) $1.00
- Moosies Strawberry & Choc (milk)(A) $2.00
- Lemonade Icy Twist (A) $1.00
- Street’s Calippo Rasberry (A) $1.00
- Paddle Pop Shaky Tub (A) $2.00
- Wicked frozen yoghurt (A) $2.50

## Munch Drinks
- Flavoured Milk: Choc or Strawberry (A) $2.50
- Apple Juice (A) $1.50
- Orange Juice (A) $1.50
- Pop Top Water (G) $1.00
- Up’n’Go (A) $2.50

### Munch Breakfast
- Hot cheese roll (A) $2.00
- Hash Bites (A) $1.50
- Raisin Toast (A) $0.50
- Up’n’Go choc & strawberry 250ml (A) $2.50
- Celery + Carrot sticks +Hommus (G) $1.00
- Watermelon Cups (G) $2.00
- Fresh piece of Fruit (G) $1.00
- Fruit sliced fresh or frozen (G) $0.20
- Muffins (A) $2.50

### Munch Lunch

#### Sandwiches
- Vegemite (white or brown bread) (G) $2.50
- Ham (white or brown bread) (G) $2.50
- Ham & Cheese (white or brown bread) (G) $4.00
- Kids Salad Sandwich (G) $4.00
- Egg & Lettuce (brown bread) (G) $4.00
- Chicken & Mayo (brown bread) (G) $4.00

#### Wraps
- Ham & Cheese (G) $2.50
- Chicken & Salad (G) $2.50
- Tuna & Salad (G) $2.50

#### Salads
- Ham (G) $3.50
- Chicken Schnitze (A) $4.00

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**Lunch Orders**

To be placed in the lunch orders box or with the canteen before 9am or online at www.munchexpress.com.au by 6pm the night before. Lunch bags are available from the canteen for 20c.

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**$5 Meal Deals**

**Deal 1**
- Ham & Cheese wrap
- Bottle of water
- Piece of fruit

...your choice!

**Deal 2**
- Sausage Roll
- fruit Juice
- Icy Twist

ORDER MEALS DEALS ONLINE AT www.munchexpress.com.au

BEFORE 6PM THE DAY BEFORE OR WITH THE CANTEEN THE DAY BEFORE!

Munch Sushi Roll - Chicken or Tuna
$4.00

SUSHI WEDNESDAY
ORDER WITH THE CANTEEN ON TUESDAYS OR ONLINE BEFORE 6PM ON TUESDAY

www.munchexpress.com.au
1. Log onto www.munchexpress.com.au
2. Click on Munch Canteen
3. Scroll down and select the delivery day which will be the next day
4. Click on 'next'
5. Type in the name of your School- a drop down box will appear, click on the name of your School
6. Type in the student’s class name
7. Type in the student’s name
8. Click on ‘Submit’
9. Click on your Munch meal option
10. Click on the product you wish to purchase
11. Once you have completed your shopping, click on checkout
12. Submit your account information
13. Submit your customer information
14. Complete your payment
15. Click on ‘click to complete your order’

Your order has been processed, you will receive a confirmation email with your order details
Munch Canteens will receive your order
The order will be delivered to the canteen on the required day
The order can then be collected from the canteen

If you experience any issues whilst placing your order, please call Munch Canteen’s on 02 8786 5900

www.munchexpress.com.au