

Canteen Menu – Term 2 2023

The canteen will be open on **Wednesdays** for Recess and Mama's Kitchen. Based on the Healthy School Canteens initiative of the NSW Dept of Education, our canteen menu includes green items only. All options are Halal and GF is available where noted and must be indicated when ordering.

Mama's Kitchen is a cooked on the day hot meal and needs to be pre-ordered. A separate note will go home for pre-orders. These dishes will fall into the amber/green category. All Mama's Kitchen orders need to be returned to the canteen box in an envelope with money by 3pm on Tuesdays.

Recess Items

Celery carrot cucumber cups	\$1.20
French onion, sweet chilli, hummus, tzatziki dip with mixed veg	\$2.20
Rice crackers	\$1.20
Rice crackers with dip	\$2.00
Rice crackers with cheese	\$2.20
Garlic bread (2)	\$1.00
Yoghurt with granola and berries	\$2.50
Muffin of the week	\$1.50
Frozen Fruit	\$0.50
Frozen Juice Cups	\$1.20
Fruit smoothie (yoghurt with assorted fruit)	\$2.50
Bottle of Water	\$1.50

Mama's Kitchen - \$8

All orders come with a drink

24 th of May	Roasted garlic/lemon chicken and potatoes with salad OR Vegetarian mixed veggies and salad
31 st of May	Beef burgers with sweet grilled potatoes chips (Lettuce tomato grilled onion and beetroot cheese) OR Veggie burger same salads
7 th of June	Butter chicken with rice OR Vegetarian style with Rice
14 th of Jun	Spaghetti bolognese OR Vegetarian spaghetti with bolognese sauce both with garlic bread
21 st of June	Satay chicken with rice OR Vegetarian satay with rice
28 th of June	Sausage sizzle with or without onion and packet of chips and drink Vegetarian sausage also available

The canteen is operated by Ermington West P&C volunteers. Please let us know if you can help out in any way.