

Mowbray Public School Canteen Menu

E = everyday, O = occasional

Sandwiches & Rolls

Item	Price	Rating	Comments
Reduced fat Cheese	\$3.50	E	Available on white or wholemeal bread; white or multigrain rolls. Margarine as an option.
Reduced salt Ham	\$3.80	E	
Ham & Cheese	\$4	E	
Tuna	\$3.80	E	
Chicken breast fillet	\$4	E	
Egg Salad	\$4	O	
Vegemite	\$2.80	O	

Gourmet Sandwiches

Item	Price	Rating	Comments
Gourmet Chicken Sandwich Grilled Chicken breast, avocado, tomato & lettuce	\$7.50	E	Available on a white or multigrain sourdough roll or a wrap.
Gourmet Ham Sandwich Salt reduced ham, seeded mustard, tomato, cheese & lettuce	\$7.50	E	Margarine as an option
Gourmet Salad Sandwich Tomato, cucumber, carrot, avocado, alfalfa & lettuce	\$7.00	E	

Wraps

Item	Price	Rating	Comments
Chicken Breast Wrap	\$4.80	E	Cheese, tomato, lettuce, cucumber an option. Margarine an option.
Salt reduced ham Wrap	\$4.80	E	
Tuna Wrap	\$4.80	E	
Salad Wrap	\$4.50	E	

Note: Wraps = wholesome wraps 4.5star

Sushi – from Sushi Square in Lane Cove

Item	Price	Rating	Comments
Tuna & cucumber	\$4.20	E	Gluten Free – Note soy sauce is not gluten free
Teriyaki chicken & avocado	\$4.20	O	
Teriyaki beef	\$4.20	O	
Vegetable	\$4.20	E	
Baby cucumber sushi 9pkt	\$4.30	E	
Baby tuna sushi 9pkt	\$4.30	E	
Baby avocado sushi 9pkt	\$4.30	E	

Hot Lunch Foods

Item	Price	Rating	Comments
Ham & Cheese Pizza	\$3.80	E	
Ham & Pineapple Pizza	\$3.80	E	
Mini Sausage Roll	\$2	O	
Sausage Roll	\$3.50	O	
Vegetable Roll	\$3.50	O	
Mini plain steak pie	\$2.50	O	
Plain steak pie	\$4.50	O	
Oven Roasted Chicken Breast Roll with lettuce & tomato	\$5.50	E	White or multigrain sourdough roll
Lasagna	\$4.80	E	
Sauce – Tomato	\$0.25		
Sauce - BBQ	\$0.25		

Bakery Items

Item	Price	Rating	Comments
Cheese roll	\$2.70	E	
Ham & cheese roll	\$3	E	
Gingerbread man	\$1.80	O	
Chocolate Chip Cookie	\$1.80	O	
Mini Lamington	\$1.80	O	
Finger Bun	\$2.20	O	White iced & dusted with cinnamon

Fruit & Snacks

Item	Price	Rating	Comments
Melon Box	\$3.30	E	2 cubes watermelon, 2 cubes rockmelon, 1 cube honeydew
Snack Pack	\$2.20	E	Carrot, cucumber & cherry tomato (2 of each)
Vege sticks with hummus	\$3	E	Carrot, cucumber & celery sticks with hummus dip
Wholegrain crackers with hummus	\$3	E	6 wholegrain crackers with hummus dip
Banana	\$1.50	E	
Green Apple	\$1.50	E	
Red Apple	\$1.50	E	
Mandarin	\$1	E	
Air popped popcorn packet	\$1	E	
70g Squeeze yoghurt vanilla	\$1.50	E	
70g Squeeze yoghurt strawberry	\$1.50	E	

Drinks

Item	Price	Rating	Comments
Plain bottled Mount Franklin water 600ml	\$3	E	
Plain bottled Mount Franklin water 300ml	\$2.40	E	
Plain Dairy Farmers milk 300ml	\$2.00	E	
Big M School Smart milk 250ml – chocolate & strawberry	\$2.20	E	
Moove flavoured milk 300ml Chocolate, banana & strawberry	\$2.50	O	
Just Juice poppers 250ml – apple, apple & blackcurrant, orange, tropical	\$1.80	E	

Meal Deals

Item	Price	Rating	Comments
Chicken sandwich, snack pack & tropical popper	\$7.50	E	
Tuna & cucumber sushi, melon box & water	\$7.50	E	
Baby avocado sushi pkt, Big M chocolate milk, popcorn	\$7	E	

Canteen menu supplied by Sweet Temptation Patisserie, 229 Burns Bay Rd, Lane Cove West. All products (except lasagna & sushi) made fresh on premises using finest raw ingredients (no nuts). For any ingredient enquiries please call 9428 1220.