

New in 2017 - the lunch box is on 'THURSDAY' (not Friday...) so don't miss out!!!

the lunch box @ Mountain District Christian School – Term 1 2017

Open every **Thursday** – tuck shop window open at lunchtime to sell selected hot food, snacks, drinks and frozen treats



GREEN FOODS: Choose Plenty (eat most)
AMBER FOODS: Choose Carefully (eat moderately)
RED FOODS: Choose Occasionally (1-2 times per term)



Please have your lunch order into the office by **WEDNESDAY**

Each item has been categorised based on the National Healthy School Canteen (NHSC) guidelines

Toasted Sandwiches & Sourdough	Guide	\$	Hot Food	Guide	\$	Snacks	Guide	\$
<u>Toasted Sandwich</u> (plain farmhouse style white bread)	●	3.00	Dim Sim – steamed	●	.50	Florida's Natural Fruit Nuggets (GF) Apricot, Blueberry & Raspberry, Strawberry	●	.30
<u>Toasted Sourdough</u> (handcrafted Artisan sourdough)	●	4.00	Chicken Nugget	●	.50	Annie's 100% Fruit Bar (GF) Strawberry, Apricot or Boysenberry	●	.60
Filling Option One - ham &/or cheese &/or tomato			Gluten Free Chicken Nugget (GF)	●	.80	Yoghurt Frogs (limit 20 per person)	●	.10
Filling Option Two - fresh chicken, cheese & pesto			Hot Food from the Bakery		●	Popcorn - Plain Flavour	●	.50
Filling Option Three - roasted capsicum, pesto, spinach, cheese & sweet potato (V)			Plain Meat Pie		4.00	Rice Wheels - Cheese Flavour	●	.50
<i>Gluten free (GF) plain bread available</i>			Sausage Roll (medium size)		2.00	Plain Salted Pretzels	●	.50
The Italian Job	●	4.00	Egg and Bacon Quiche		3.50	Red Rock Deli Chips (27g) Sea Salt or Honey Soy	●	1.00
(sour dough olive bread with salami, bocconcini, spinach & sundried tomato pesto)			Spinach Quiche (V)		3.50	Red Rock Deli Chips (42g) (Sour Cream Sweet Chilli)	●	1.50
Hot Buttered Raisin Toast	●	2.00	Traditional Pastie		4.00	Ajitas Vege Chips (Natural, BBQ, Chicken)	●	1.00
(2 thick café style slices of hot raisin toast with butter)			Vegetable Pastie (V)		4.00	Gingerbread Man	●	2.00
			<i>tomato sauce & soy sauce are included in the price but please ask</i>					
Filled Baguettes			Drinks			Pastries from the Artisan Crust		
Freshly baked Artisan Baguette lightly buttered, with...			Sungold Fresh Milk (300ml)			Crossaints (freshly baked using Belgian Butter)		
1 Ham and cheese			plain milk			Chocolate Crossaints (Pain au Chocolate)		
2 Roast chicken, herbed mayonnaise & cos lettuce			chocolate, strawberry, coffee or honeycomb					
3 Brie cheese, fig jam and salad greens			Juice (250ml)					
4 Pastrami, Dijon mustard, Swiss cheese, sliced pickles & salad greens			orange, apple, tropical or apple & blackcurrant					
Sushi			Fresh Juice & Smoothie Bar			Frozen & Healthy Snacks		
Teriyaki Chicken			Cherry Ripe Smoothie (GF)			FROZEN Blueberries (small cup)		
Crispy Chicken			frozen cherries, coconut cream, organic cacao, milk			Frozen Pineapple UFO's		
Tempura Prawn			MANGO Moment (GF)			Moosies Milky Freeze - chocolate, strawberry or banana		
Avocado (GF)			mango, pineapple, orange & apple juice			Berrie "Quelch" fruit tubes (mixed juice flavour)		
Tuna and Avocado (GF)						Veggie Tails hommus and carrot sticks		
Salmon and Avocado								

Lunch Box REMINDERS

Please write your order on the front of a paper bag, or your Sticky Beaks lunch wallet, including your name and class:

For regular lunch orders: in a **BLUE** or **BLACK** pen.

For Gluten Free (GF) lunch orders: in a **RED** pen.

Money: Please place correct money in the bag and either hand it into the office or to your class teacher on **WEDNESDAY**

Collection: All **FROZEN** items and juices/smoothies are to be picked up from the **tuckshop window** at **lunchtime**.
Bring your lunchbag or lunch wallet to the tuckshop window if you've paid for your frozen item / juices / smoothies

Volunteers: If you would like to volunteer to help in the tuckshop either contact the office
Alternatively, please email Anne Clowes - anne.clowes@bigpond.com

Feedback: If you have questions or feedback about the menu or ingredients we are happy to help with any queries

Thank-you

Anne Clowes & Cathie Megee