



# volunteer

Our canteen relies on volunteers to help things run smoothly. Many of the items on our menu are prepared directly by us, making them super delicious and a healthier option, but they do require more preparation. Extra hands are always appreciated!

Would you like to come and help? Parents, adult siblings & grandparents are all welcome, and the kids absolutely delight in seeing you there.

To make things easier we have re-introduced short shifts:

Mornings 10 - 11.15am  
Lunch: 12 - 1:30pm

You can sign up to volunteer online, by going to:

<https://signup.com/go/xEYCnYj>

Review the available shifts and choose the spot(s) you like.

Feel free to contact our friendly canteen manager:

Sara Lloyd - [sdpscanteenlady@gmail.com](mailto:sdpscanteenlady@gmail.com)



SEAVIEW DOWNS PRIMARY SCHOOL



# SEAHORSE

cafe

SPRING • SUMMER MENU

Welcome to our new and exciting Spring/Summer Menu!

We are sure you will find plenty of delicious options to keep the kids, *and Mum & Dad*, happy.

Visit [www.munchmonitor.com.au](http://www.munchmonitor.com.au) (school code 134) to place recess and lunch orders Monday, Wednesday, Thursday & Friday - Cut off time is 9am on the day of order

**Please note**  
**we are now open Monday**  
**and closed Tuesday.**

## order collection

Recess orders, hot chocolate & ALL FROZEN ITEMS are now to be collected directly from the canteen.





# SEAHORSE cafe



healthy & hot

## healthy snacks

APPLE - slinky or whole	\$1.00
IN-SEASON FRUIT	\$1.00
FROZEN FRUIT BAGS	\$2.00
SALAD BAGS	\$2.00
CHEESE & CRACKERS	\$1.50
YOGHURT CUPS	\$2.00
- w/ muesli	\$2.50
- w/ frozen mango	\$2.50
- w/ frozen berries	\$2.50
CUSTARD - Vanilla or Chocolate	\$2.50
VEGE or CARROT STICKS	\$1.00
GINGER BISCUIT	20c
RICE CRACKERS	50c
PIKELET	\$1.00
MUFFIN CHOCOLATE OR BLUEBERRY	\$1.50
THE NEW ANZAC	\$1.50
MESSY MONKEY POPCORN 14g	\$1.00
COBBS POPCORN 25G	\$2.50

CUP OF RICE OR PASTA - PLAIN	\$1.00
CUP OF RICE OR PASTA w CHEESE	\$1.50
CUP OF RICE OR PASTA w/ CHICKEN TENDER	\$3.50
CUP OF RICE OR PASTA w/ BOLOGNAISE	\$3.50
CHICKEN TENDER WRAP	\$5.00
CHICKEN PITA POCKET	\$5.00
HOT DOG w SAUCE	\$4.50
HOT DOG w CHEESE & SAUCE	\$5.00
MEATBALL SUB	\$5.50
PIZZA - CHEESE	\$3.50
PIZZA - MARGARITA	\$3.80
PIZZA - HAM OR CHICKEN	\$4.00
PIZZA - HAM & PINEAPPLE	\$4.50
PIZZA - MEATLOVERS	\$4.50
TRAVELLER PIE TWIN PACK 100g	\$3.00
MRS MAC SAUSAGE ROLL - 120g	\$3.50
BAKE BAKERY SAUSAGE ROLL 240g	\$5.00
BAKE BAKERY BEEF PIE 245g	\$5.00
LASAGNE - BEEF (GF AVAIL + \$1)	\$5.50
LASAGNE - VEG	\$5.50
MACARONI CHEESE (GF AVAIL + \$1)	\$5.50
FRIED RICE - VEG (GF)	\$5.50



## SPRING • SUMMER MENU

### sandwiches

TOASTED, ROLL OR WRAP

ON A WRAP OR ROLL	+ 50c
VEGEMITE	\$2.50
CHEESE	\$3.00
HAM	\$3.00
HAM & CHEESE	\$3.50
CHEESE & TOMATO	\$3.30
HAM CHEESE & TOMATO	\$4.00
HAM CHEESE SALAD	\$4.20
SALAD	\$3.50
LETTUCE, CARROT, CUCUMBER, TOMATO	
SALAD & CHEESE	\$4.00
TUNA, LETTUCE & MAYO	\$4.00
EGG, LETTUCE & MAYO	\$4.00
ROAST CHICKEN, LETTUCE & MAYO	\$4.00
BAKED BEANS	\$3.00
BAKED BEANS & CHEESE	\$3.50
BAKED BEANS, HAM & CHEESE	\$4.00
ADDITIONAL SAUCE	20c
TOMATO, BBQ OR MAYO	

### drinks

WATER - 390 / 600ml	\$1.50 / \$2.00
NIPPY'S JUICE or MILK	\$3.00
GLEE SPARKLING JUICE	\$3.00
HOT CHOCOLATE	\$1.50

### SPECIALS

#### MEXICAN MONDAY

Cheese enchiladas \$1.50  
Chicken & Cheese  
Enchiladas \$2.50

#### WAFFLE WEDNESDAY

Homemade Waffle  
with Banana & Honey \$2.50

#### THURSDAY TRIPLE TRIFLE

Yoghurt, Wildberry Bite Cereal  
& frozen berries \$2.50

#### FROZEN FRIDAY

Watermelon & Banana  
soft serve \$1.50

remember to check skoolbag  
for additional specials

### frozen fun

FROZEN ORANGE PIECES	10c
MINI MILKS STRAWBERRY or CHOCOLATE	50c
½ JUICIES	60c
FROZEN JUICE CUP	\$1.50
FROZEN FRUIT BAG	\$2.00
JUICIES	\$1.20
MOOSIES	\$2.00
ICE CREAM CUP	\$2.50

