

# Term 4!

# OSBORNE PRIMARY SCHOOL MENU 2018

BY MAMAS IN THE KITCHEN



## ONLINE LUNCH ORDERS

Mamas in the Kitchen and [ultimateschools.com.au](http://ultimateschools.com.au) have everything ready to make lunch orders easy. All you need to do is log on, register, add your child's details, add your funds (min of \$5.00), choose their lunch, and we take care of the rest. You can order in advance or up until 9.30am the morning of the order!

## FOOD ALLERGIES

Please be aware that all care is taken when catering for specialist requirements. It must be noted that within the premises we handle, wheat flour, fungi, eggs and dairy products. All our items are prepared and cooked on shared equipment and although care is taken, the decision to consume food from this menu remains the responsibility of the customer.

## CAFÉ OS COFFEE CLUB

From 8.40 to 9.15am every day.

Bring your **KEEP CUP** and save 50c per coffee!!

### Adults:

Coffee, Chai Latte	Small	4.00
	Large	4.50

**Turmeric Latte** Home made Mix Add 0.50

Tea 2.50

Extra Shot of coffee Add 0.50

Soy, Almond and Lactose free milk Add 0.50

### Children:

Hot Chocolate	Small	3.00
	Large	4.00

### Keep Cups:

Mamas in the Kitchen Keep Cup (logo only) 10.00

Personalised MITK Keep Cup (Name & Logo) 12.00

## SANDWICHES & WRAPS

White, Wholemeal & Multigrain available  
Gluten Free Bread available for 50c extra

Fresh Shredded Chicken Breast with Salad and Mayo	4.80
Ham <u>or</u> Tuna <u>or</u> Egg <u>or</u> Cheese with Salad	4.00
Salad Only	3.50
Honey <u>or</u> Vegemite <u>or</u> Cheese <u>or</u> Home Made Strawberry Jam	2.30
Add Avocado <u>or</u> Egg <u>or</u> Beetroot	1.00

## TOASTED SANDWICHES/WRAPPS

Fresh Shredded Chicken with Tasty Cheese	4.00
Ham <u>or</u> Tuna with Tasty Cheese	3.80
Cheese	3.00
Cheese and Tomato	3.50
Ham Cheese and Tomato	4.00

## FRUIT SALADS

Varieties will vary depending on seasons

Fruit Salad Cup	1.50
Fruit Salad - small	3.50
Fruit Salad - large	5.50

## TAKE HOME MEALS

*Home Made Lasagna*

To serve 6 **\$25.00**

To serve 8 **\$30.00**

Order 'Take home meals' in the online menu.

The Take home meals will be frozen, however if you require something fresh this can be arranged with notice, call in and see us or send us an email at ;  
[mamasinthekitchen.catering@gmail.com](mailto:mamasinthekitchen.catering@gmail.com)

## EVERY DAY HOT FOOD

Home made Lasagna - Small Serve	4.00
- Large Serve	6.00
Gluten Free Lasagna - Small Serve	4.50
- Large Serve	6.50
3 Home made Cheesy Chicken Nuggets	3.50
Vegetarian Nachos with Salsa, Cheese and Sour Cream	4.50
Nachos with Beef, Salsa, Cheese and Sour Cream	5.50
Burrito Wrap - Beef, lettuce, cheese, salsa, sour cream	5.00
- Chicken, lettuce, cheese, salsa, sour cream	5.00
Fried Rice	5.00
Fried Rice - Vegetarian option	4.50
1 x Steamed Dim Sim	.80
3 x Steamed Dim Sim	2.00
Pizza Slice Margarita (Home Made Pizza Base)	3.00
Ham, Cheese & Pineapple	4.00
Soy Sauce sachet/	
Tomato Sauce Sachet	.20

## DRINKS & FROZEN FOODS

*ALL LISTED ITEMS NEED TO BE COLLECTED  
AT LUNCH PLAY FROM THE CANTEEN*

Home made Milkshake - Chocolate, Strawberry or Banana	2.50
Almond, Lactose free or Soy milk available	Add 0.50
Fresh fruit Smoothies - Varieties will vary depending on season	3.50
Frozen Fruit in Juice	1.50
Frozen Fresh Fruit Pop	1.00

## TRADING HOURS

OUR SCHOOL CANTEEN IS OPEN FOR  
ONLINE LUNCH ORDERS AND  
OVER THE COUNTER SALES & COFFEE

**5 DAYS A WEEK**

# A LITTLE BIT ABOUT...

## MAMAS IN THE KITCHEN

Mamas in the Kitchen © is owned and operated by Jen Denman and Sharon Trebble, and was born from the idea of providing fresh delicious food to our children. We wanted to keep the additives and preservatives low and the best way to do this was to make it ourselves... So, that's what we do!

All of our baked goodies are prepared and cooked right here in the Mamas Kitchen. We swap out sugar wherever we can, and if we can't swap it we reduce it! We use home made salsa on the Nachos, and the Cheesy chicken nuggets are made with REAL chicken fillets, we prepare them from scratch and use free-range eggs and gluten free coating so all can enjoy.

I know there are a few of you that love our home made strawberry jam but did you know we prepare the butter and mayonnaise on site also! When creating the butter we get the delicious butter milk that is then used to cook the Banana Bread we serve.

'Keeping it Fresh' is our way of ensuring you get the best nutritious foods delivered to your kids, so that means the best ingredients prepared daily. Our Fruit salad is freshly cut each morning and our salads and sandwiches are also prepared daily.

We like to support local business, our bread is from Baker Boys Bakery in Mornington, our meat is supplied by Lindens Fresh Mornington and our Fruit & Veg comes from the delightful Sciclunas in Sorrento. We purchase our milk directly from the Peninsula Dairies in Rosebud, making sure to support our farmers in such hard times.

Last, but certainly not least, don't forget about our delicious *freshly ground coffee*, our coffee is an Organic Fair Trade blend supplied by Diva coffee, we also sell a home made blend of Turmeric latte, Chai and hot chocolates, so be sure to call in for a coffee after dropping off the kids to class. we are open until 9.15am.

We wish you all a very happy Term 4!

From Jen & Sharon.

