



# Mt Carmel School Canteen

## Term 1 Menu - 2020



### Open Thursday and Friday

Lunch catered for by order only.

Lunch orders are available to order and pay via Qkr! Orders must be made by 9am each canteen morning.

Orders can also be placed by writing child's name, class and order on bag and place money inside (*please do not use staples or sticky tape*).

Also note anything with a # next to it, must be picked up from the canteen.

Thank you  
Emma McEvoy  
**Canteen Manager**

Katrina Hodges  
**Canteen Assistant**

### Hot Food

Corn Cobbett (GF)	\$1.20
Fried Rice (GF)	\$3.50
*Sausage Roll	\$4.00
*Meat Pie	\$4.00
*Macaroni Cheese	\$4.20

### Lent Menu

<u>Week 5 — Week 10</u>	<u>Friday Only</u>
Fish Bites (3 per serve)	\$2.00
Fish Burger (lettuce & mayo)	\$4.00

### Lunch Meal Deals

You can add a Just Juice Popper and a fruit cup to any of the hot food items above for an additional \$2.80 to make it a meal deal.

*\*Gluten Free option available  
GF - Gluten Free*

### Fresh or Toasted Sandwich

Ham, cheese & tomato	\$4.20
Ham & mayo	Salad \$4.50 w/o Salad \$3.00
Cheese	\$3.00
Egg	\$3.60
Egg & lettuce	\$3.80
Curried egg & lettuce	\$3.80
Salad	\$3.00
Vegemite	\$2.50
Add cheese	\$0.50
Gluten Free Wrap add	\$1.00
Turkish Roll add	\$1.00

*Salad includes: Lettuce, tomato, beetroot, carrot and avocado.*



## Snacks

Dried Apple	each	<b>\$0.20</b>
Popcorn		<b>\$0.20</b>
#Fresh Watermelon Slice		<b>\$0.20</b>
#Seasonal fruit		<b>\$1.00</b>
*#Carrot Stick & Hummus		<b>\$1.00</b>
*#Crackers and Hummus Dip		<b>\$1.50</b>
#Fruit Salad Cup		<b>\$1.50</b>
#Fruit Salad Cup with Yoghurt		<b>\$1.80</b>
*#Cheese, Cracker, Hummus Plate		<b>\$2.00</b>
*Banana bread		<b>\$2.00</b>
Messy Monkeys—BBQ (GF)		<b>\$1.20</b>
Red Rock Sea Salt (GF)		<b>\$1.50</b>



## Frozen Snacks

#Frozen Orange - ¼ slice	<b>\$0.20</b>
#Frozen Watermelon Slice	<b>\$0.20</b>
#Frozen Pineapple Ring	<b>\$0.50</b>
#Custard Pop	<b>\$0.50</b>
#Yoghurt Pops	<b>\$0.70</b>
#Fruit Salad Pops	<b>\$0.70</b>
#Ice Mony (GF) <i>(Blue Raspberry, Lemon Ice &amp; Chocolate)</i>	<b>\$1.00</b>
#Paddle Pops <i>(Rainbow &amp; Banana)</i>	<b>\$1.20</b>

**#Collect from the canteen at recess or lunch**

**\*Gluten Free option available**

**GF - Gluten Free**



## Drinks

Just Juice Popper	<b>\$1.80</b>
<i>(Apple, Apple &amp; Blackcurrant, Orange, Orange &amp; Mango &amp; Paradise Punch)</i>	
Water	<b>\$2.00</b>
Hot Chocolate	<b>\$2.00</b>
Slushy <i>(Orange Crush, Strawberry or Mixed)</i>	<b>\$2.00</b>

## Miscellaneous

Tomato sauce tub	<b>\$0.30</b>
Tartare Sauce	<b>\$0.30</b>
Soy sauce	<b>\$0.30</b>
Lunch order bag	<b>\$0.30</b>
#Lunch order bag pack 50	<b>\$5.50</b>

