



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

Week 5 — Week 10

| | |
|---|---------------|
| Fish Bites (3 per serve) | \$2.00 |
| Fish Burger (lettuce & mayo) | \$4.00 |

Friday Only

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 | \$0.20 |
| Popcorn | | \$0.20 |
| #Fresh Watermelon Slice | | \$0.40 |
| #Seasonal fruit | | \$1.00 |
| *#Carrot Stick & Hummus | | \$1.20 |
| *#Crackers and Hummus | | \$1.50 |
| #Fruit Salad Cup | | \$1.50 |
| #Fruit Salad Cup with Yoghurt | | \$1.80 |
| *#Cheese, Cracker, Hummus Plate | | \$2.00 |
| Red Rock Sea Salt Chips (GF) | | \$1.50 |



Frozen Snacks

| | |
|--|---------------|
| #Frozen Orange - ¼ slice | \$0.40 |
| #Frozen Watermelon Slice | \$0.40 |
| #Frozen Pineapple Ring | \$0.50 |
| #Custard Pop | \$0.50 |
| #Yoghurt Pops | \$0.70 |
| #Fruit Salad Pops | \$0.70 |
| #Ice Mony (GF) | \$1.00 |
| <i>(Blue Raspberry, Lemon Ice & Chocolate)</i> | |
| #Paddle Pops | \$1.20 |
| <i>(Rainbow & Banana)</i> | |

#Collect from the canteen at recess or lunch

****Gluten Free option available***

GF - Gluten Free



Drinks

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

Miscellaneous

| | |
|--------------------------|---------------|
| Tomato sauce tub | \$0.30 |
| Tartare Sauce | \$0.30 |
| Soy sauce | \$0.30 |
| Lunch order bag | \$0.30 |
| #Lunch order bag pack 50 | \$5.50 |

