

Mount Carmel School Canteen

Term 3 Menu - 2017



Open Thursday and Friday

Lunch catered for by order only. Please write child's name, class and order on bag and place money inside (*please do not use staples or sticky tape*).

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

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 (without butter) (GF)	\$1.20
Fried Rice	\$3.50
<i>Ham, peas, corn, carrot and egg</i>	
*Macaroni Cheese	\$4.00
*Sausage Roll	\$4.00
Lasagne	\$4.00
Butter Chicken & Rice (GF)	\$4.50
<i>Includes: onion, zucchini & capsicum</i>	

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 \$2.50 to make it a meal deal.

Everyday Items **Occasional Items**

#—Pick up item from canteen

*Gluten Free option available

GF—Gluten Free

Fresh or Toasted Sandwich

Ham, cheese & tomato		\$4.20
Ham & mayo	Salad	\$4.00
Cheese	w/o Salad	\$3.00
Egg		\$3.50
Egg & lettuce		\$3.70
Curried egg & lettuce		\$3.70
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 & avocado.



Snacks

Dried apple	each	\$0.20
Banana chips	scoop	\$0.20
Soy crisps	scoop	\$0.20
#Fresh Watermelon Slice		\$0.20
Popcorn		\$0.20
Cheese and vegemite scroll		\$0.50
Pizza Scroll		\$0.80
Seasonal fruit		\$1.00
#Hummus with carrot sticks		\$1.00
#Fruit salad cup		\$1.50
#Fruit salad cup with yoghurt		\$1.80
*#Dip and cracker cup		\$1.50
*#Cheese, cracker and dip plate		\$2.00
*Banana bread		\$2.00
#Apple Pie		\$2.00
Jumpy's (Chicken & Salt & Vinegar)		\$1.20
Red Rock Deli Honey Soy & Sea Salt)		\$1.50
Smith (Original and Salt & Vinegar)		\$1.50

Frozen Snacks

#Frozen Orange - ¼ slice	\$0.20
#Frozen Watermelon Slice	\$0.20
#Frozen Fruit & Yoghurt Bite	\$0.20
#Raspberry Mini Calipo	\$1.00
#Lemonade Icy Twist	\$1.20
#Strawberry Frozen Yogurt	\$1.20
#Cyclone	\$1.80
#Shaky Shake	\$2.20



Drinks

Just Juice Popper	\$1.80
(Apple, Apple & Blackcurrant, Orange, Orange & Mango & Paradise Punch)	
Water	\$2.00

Miscellaneous

Tomato sauce tub	\$0.30
Soy sauce	\$0.20
Lunch order bag	\$0.30
#Lunch order bag pack 50	\$5.00

