

“Mel’s Canteen” at Monash Primary School



WINTER MENU TERM 3 - 2021/ OPEN MONDAY - FRIDAY




There are **3** options to order.


1. By dropping paper bag with order and cash into the blue box next to the canteen before 9:15am
2. By **FLEXISCHOOLS** using the app, or online programs by 9.15am
3. By direct deposit to account **BSB:062-692 ACC:3135-7033** (stating reference as your Students name and class) AND **TEXTING** your Students order to Jo Summerfield on **PH: 0435 521 960** OR **EMAILING** your order to contactjo@melscanteen.com by 9:15am (you may also call Jo directly and leave a message if needed)


**MEAL DEALS \$7.50 (WITH A 99% JUICE BOX, WATER OR MILK FROM DRINKS MENU)
(ORDERED WITHOUT A DRINK / ALL FOOD ITEMS BELOW ARE \$6.00)**


ALL CHICKEN AND BEEF PRODUCTS ARE HALAL!! FROM JABAL MARKET IN MAWSON!


 **MEAL DEAL 1 - MAKE YOUR OWN PIZZA** (G/F on request) Pizza on a tomato base topped with mozzarella cheese. Toppings to choose from - BBQ chicken, cherry tomato, red capsicum, meat lovers mince, mushrooms, pineapple. **Made to order.**

 **MEAL DEAL 2 - SPAGHETTI BOLOGNESE WITH LITE CHEESE** (G/F D/F on request) Home made Bolognese Sauce with hi fibre pasta.

 **MEAL DEAL 3 – HOT CHICKEN WRAP (BAKED OR SCHNITZEL)** (G/F, VEGAN on request) Add your own salad choose from- mayo, lettuce, tomato, cucumber, grated carrot, beetroot, toasted option.

 **MEAL DEAL 4 – MAKE YOUR OWN SALAD!!-** (G/F, D/F on request) Choose from the following. Chicken breast, chicken schnitzel strips, tuna, egg, lite cheese, lettuce, cherry tomato, cucumber, carrot, beetroot, capsicum, pineapple, Thai dressing, lite mayo, balsamic dressing. **Made to order!**

 **MEAL DEAL 5 – TRADITIONAL LASAGNE-** (G/F, D/F, VEGAN on request) Hot baked melted layers of rich tomato mince sauce, béchamel sauce, mozzarella, and sheets of pasta.


 **MEAL DEAL 6 – CHEESEBURGER/CHICKEN SCHNITZEL BURGER/OR VEGE BURGER** (G/F on request) Beef patty, crumbed baked chicken schnitzel, or vege patty with lite cheese/ iceberg lettuce and tomato sauce or mayo.

(A) **MEAL DEAL 7- HOME MADE JUMBO SAUSAGE ROLL** (Tomato sauce 40c) (G/F,D/F, on request)

 **MEAL DEAL 8 - MAC AND CHEESE** (G/F available on request) Macaroni and cheese sauce.






 **MEAL DEAL 9 – CHICKEN BIRYANI-**(G/F, D/F on request) Sweet and full of flavour, Indian chicken rice.

(A) **MEAL DEAL 10 -MAKE YOUR OWN SANDWICH-** (G/F on request) choose from - Cheese, Vegemite, strawberry jam, egg, mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, margarine, pineapple/ toasted option. **Made to order!**






 **MEAL DEAL 11 –MEATBALLS AND MASH-**(G/F, D/F, VEGAN on request) Delicious mini meatballs in a rich gravy with fluffy mashed potato.

 **MEAL DEAL 12- PUMPKIN SOUP WITH A SOFT BREAD ROLL-** D/F VEGAN. (G/F on request)













SNACK FOODS

- (A) 30c 2 PAPPADUMS
-  \$1.00 RICE CRACKERS WITH CHEESE
-  \$1.00 CUSTARD CUP
-  \$1.00 PIKELETS (WITH JAM IF SPECIFIED)
-  \$1.00 HAPPY FACE BOILED EGG
-  \$1.00 AIR POPPED POPCORN
- (A) \$1.50 JELLY/CUSTARD CUP (vegan jelly)
- (A) \$2.00 POTATO STIX (Chicken/Plain)
- (A) \$1.50 PRETZELS REDUCED SALT

FROZEN FOODS




-  20c FRUZIE CUBE (frozen yoghurt strawberry/vanilla)
-  40c FROZEN FRUIT POP (peach or pineapple)
-  50c FROZEN CHOCOLATE DIPPED BANANA
-  \$1.00 FROZEN YOGHURT "BARK" WITH FRUIT
-  60c YOGHURT POPS (strawberry or chocolate)
- (A) \$1.00 whole/ 50c half 99% JUICE ICY POLE
- (A) \$2.00 PLATAPOPS (Rainbow)

FRUIT BREAK OPTIONS (ALSO AVAILABLE AT ALL BREAKS)




-  \$1.00 HOT CHOCOLATE
-  80c FRUIT KEBAB
-  80c STRAWBERRY and GRAPE BAG
-  80c MINI BAKED POTATO
-  \$1.00 HOT BUTTERED CORN COB
-  \$1.00 HOT/TORTILLA CHEESE "ROLL UP" WITH SALSA DIP
-  \$1.50 TOASTED MUFFIN WITH CREAM CHEESE AND BLUEBERRIES
-  \$1.00 FRESH FRUIT as available (banana, orange, apple, mandarin, kiwi fruit)
-  \$1.00 CUCUMBER/ CHEESE STICKS/ HUMMUS
-  \$1.00 APPLE SLINKY
-  \$1.50 FRUIT SALAD (add yoghurt 20c)
-  \$1.00 CHICKEN NOODLE SOUP

HOT FOOD ITEMS


(ALSO A SMALL RANGE OF HOT FOOD ITEMS FROM MAIN MENU WILL BE AVAILABLE AT THE COUNTER)

- (A) \$1.20 each CHICKEN GOUJONS (Steggles)
-  \$1.00 GARLIC BREAD
- (A) \$1.50 CHOC/BANANA PIE
-  \$1.00 HASH BROWN
- (A) \$2.00 SPRING ROLL
- (A) \$1.20 each FISH FINGERS
-  80c HALF A CHEESE TOASTIE
- (A) \$1.50 APPLE PIE
-  \$1.00 HOT CHOCOLATE
- (A) \$2.00 MINI SPINACH AND FETA ROLLS

DRINKS

-  \$1.70 PLAIN MILK 125ML
-  \$2.50 WALLABY CANNED SPRING WATER (better for our environment!!)
-  \$2.20 FLAVOURED MILK (Strawberry/Chocolate) 250ML (D/F avail on request)
- (A) \$2.20 JUICE 99% Juice 200ML (Apple Black-currant, Tropical, Summer Berries)
- (A) \$3.00 GLEE Fizzy Juice 99% (Tropical/ Watermelon Sour) **NOTE: Glee is not available in meal deals.**

As per the National Healthy School Canteen guidelines see the below key for healthy choices! All eggs used are free range!

 **GREEN** (A) **AMBER** (G/F) **Gluten Free** (D/F) **Dairy Free** (VEGAN) **Vegetarian, Vegan.**

© Melinda Donnell 2021 ALL FOOD IS MADE IN THE CANTEEN PRESERVATIVE FREE EXCEPT FOR GOUJONS AND HASH BROWNS. **ANY QUESTIONS please contact YOUR MANAGER JO SUMMERFEILD on 0435 521 960 contactjo@melscanteen.com**

For special dietary requirements, please contact Melinda Donnell - Mel's Canteen and Catering
At Monash Primary School MOBILE: 0481226960 EMAIL: contactus@melscanteen.com
MONASH PRIMARY SCHOOL