

“Mel’s Canteen” at Monash Primary School



SUMMER MENU TERM 1 - 2020/ OPEN MONDAY - FRIDAY



There are 3 options to order.

1. **Paper bag and CASH** dropped into the locked blue box outside the canteen by 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 dropping a **paper bag** with **receipt details and your order** into locked blue box or by **texting** your Students order to 0481226960 by 9:15am

ANY QUESTIONS please contact Melinda Donnell - Mel’s Canteen At Monash Primary School
MOBILE: 0481226960 EMAIL: mellydonnell@gmail.com MONASH PRIMARY SCHOOL: 6142 1679

MEAL DEALS \$7.50 WITH A DRINK OF YOUR CHOICE

(ORDERED WITHOUT A DRINK / ALL FOOD ITEMS BELOW ARE \$6.00)

(☺) MEAL DEAL 1 - MAKE YOUR OWN PIZZA (G/F option available 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 (E/F) - (G/F option available on request) Bolognese Sauce - tin tomatoes/onion/garlic/mixed herbs/lean mince/tomato paste/ G/F Tamarind soy sauce/kidney beans/hi fibre pasta. **Cooked in canteen.**

(☺) MEAL DEAL 3 - MAKE YOUR OWN SANDWICH! (G/F option available on request) (2 SANDWICHES) Cheese, Vegemite, strawberry jam, egg and mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, margarine, toasted option. **Made to order.**

(☺) MEAL DEAL 4 - MAKE YOUR OWN BAKED POTATO (G/F, E/F, D/F option) (Mince, chicken, cheese, baked beans, lettuce, tomato, pineapple, lite mayo, tomato sauce). **Made to order.**

(☺) MEAL DEAL 5 - CHICKEN SCHNITZEL BURGER /OR/ WRAP (G/F E/F available on request) Homemade oven baked chicken schnitzel with lite mayo and lettuce. **Home made.**

(☺) MEAL DEAL 6 - MAKE YOUR OWN TACO!! (E/F) (D/F option) (G/F available on request) **2 TACOS WITH YOUR CHOICE OF FILLING!!** Beef mince, chicken mince, lite cheese, diced cucumber, diced tomato, lettuce, tomato salsa, avocado. **Made to order.**

(☺) MEAL DEAL 7 - CHEESEBURGER WITH LETTUCE (Tomato sauce on request) (E/F) G/F option available on request) Beef pattie - garlic, with lite cheese/ iceberg lettuce. **Home made.**

(A) MEAL DEAL 8 - HOME MADE JUMBO SAUSAGE ROLL (Tomato sauce on request) (G/F available on request) Beef mince, onion, carrot, garlic, parsley, tomato sauce, puff pastry. **Home made.**

(☺) MEAL DEAL 9 - MAC AND CHEESE (G/F, D/F available on request) Macaroni and cheese sauce (macaroni, lite milk, lite cheese, cornflour, salt reduced chicken stock, Nutlex spread) **Cooked in canteen.**

(☺) MEAL DEAL 10 - MAKE YOUR OWN SUSHI- (G/F D/F E/F) 3 Sushi rolls with fillings of your choice - chicken, avocado, tuna, mayo, cucumber. **Made to order.**

SNACK FOODS

- 😊 20c 2 PAPPADUMS
- 😊 \$1.00 CUSTARD CUP
- 😊 80c HAPPY FACE BOILED EGG
- 😊 \$1.00 PIKELETS (WITH JAM IF SPECIFIED)
- 😊 \$1.00 TOASTED MUESLI CUP (20c add yoghurt)
- 😊 10c EACH- CHEESE STICKS
- 😊 \$1.00 AIR POPPED POPCORN
- (A) \$1.50 JELLY/CUSTARD CUP
- (A) \$1.50 PRETZELS REDUCED SALT
- (A) \$2.00 POTATO STIX (Chicken/Plain)
- (A) \$2.20 FROZEN SUNRASIA POUCHES

FROZEN FOODS

- 😊 50c FROZEN YOGHURT DIPPED STRAWBERRIES!!
- 😊 60c FROZEN PINEAPPLE RING
- 😊 50c YOGHURT POPS (PINEAPPLE/CHOCOLATE)
- 😊 40c FROZEN FRUIT POPS (pine, straw, banana)
- 😊 20c FRUZIE CUBE (frozen yoghurt strawberry/vanilla)
- 😊 \$2.50 "TWISTED" creamy frozen Greek yoghurt swirl
(Mango and w-melon/Blueberry and cookie dough)
- 😊 \$1.50 FROZEN BANANA ICECREAM CUP
- (A) \$2.00 RAINBOW PLATAPOPS
- (A) \$1.00 whole/ 50c half 99% JUICE QUELCH ICY POLE
- (A) \$2.00 SNOW CONES WITH JUICE

DELICIOUS SUMMER FRUIT/VEGETABLE SNACK OPTIONS!!!!

- 😊 \$1.00 APPLE SLINKY
- 😊 80c FRUIT KEBAB
- 😊 \$1.00 VEGE NOODLE RICE PAPER ROLLS (cuc, ava)
- 😊 80c VEGE STICKS HUMMUS (cuc, capsicum, carrot)
- 😊 \$1.00 FRESH FRUIT **as avail** (nectarine, banana, orange, strawberries, blueberries, half a mango, apple, Kiwi fruit)
- 😊 \$1.50 MELON BALL SALAD (add yoghurt 20c)
- 😊 80c WATERMELON TRIANGLES

SOME MENU HOT FOOD ITEMS CAN BE PURCHASED OVER THE COUNTER AS AVAILABLE DAILY

- (A) \$1.00 each CHICKEN NUGGETS or GOUJONS
- 😊 70c HAWIIAN MUFFIN MELT
- (A) \$1.00 MINI SAUSAGE ROLLS **HOMEMADE**
- (A) \$1.00 BAG OF POTATO WEDGES

DRINKS (AVAILABLE OVER THE COUNTER)

- 😊 \$2.20 FLAVORED MILK (strawberry/choc, caramel) 250ML (**20c back when cup returned**) (D/F avail on request)
- 😊 \$1.65 PLAIN MILK 125ML
- 😊 \$2.00 WATER BOTTLE 600ML
- 😊 \$1.50 SMOOTHIES (banana and mango) (**D/F LACTOSE/FREE avail on request**)
- (A) \$2.20 Sunrasia Organic 100% Juice pouches 200ML (Apple, Tropical, Orange)
- (A) \$2.50 GLEE Fizzy Juice 99% (Tropical Treat/ Blackcurrant/Raspberry)

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** (E/F) **Egg free** (D/F) **Dairy Free**



We Proudly Support Lucky Stars Animal Sanctuary. Any food donations please drop to the canteen. To Volunteer and assist the farm call 0414719985 or Email: luckystarssanctuary@gmail.com © Melinda Donnell 2019

ANY QUESTIONS or special dietary requirements, please contact Melinda Donnell -
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