

“Mel’s Canteen” at Monash Primary School



AUTUMN/WINTER MENU TERM 2 - 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 9:30am
2. By **FLEXISCHOOLS** using the app, or online programs **by 9.10am**
3. By direct deposit to account **BSB:062-692 ACC:3135-7033** (stating reference as your child’s name and class) AND **TEXTING** your child’s 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 NOW HALAL!! FROM JABAL MARKET IN MAWSON!

(☺) MEAL DEAL 1 - MAKE YOUR OWN PIZZA (G/F D/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 (G/F D/F option available on request). Bolognese sauce - tin tomatoes/onion/garlic/mixed herbs/lean mince/tomato paste/kidney beans/high fibre pasta. **Home made!!**

(☺) MEAL DEAL 3 - MAKE YOUR OWN SANDWICH/WRAP! (G/F D/F option available on request) - (2 SANDWICHES or 1 WRAP). Cheese, Vegemite, strawberry jam, egg and mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, margarine, pineapple/ toasted option. **Made to order.**

(☺) 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 –ENCHILADA LASAGNE WITH SALAD (D/F, G/F available on request). Delicious fusion of flavours with layers of Italian tomato sauce, taco mince, corn tortillas and lite cheese served hot and melted, with a salad on the side. Choose from lettuce, tomato, cucumber, capsicum, salsa, lite mayo. **Home made!!**

(☺) MEAL DEAL 6 –CHEESEBURGER/CHICKEN SCHNITZEL BURGER WITH LETTUCE (G/F, D/F option available on request). Beef patty OR crumbed baked chicken schnitzel with lite cheese/ iceberg lettuce and sauce or mayo. **Home made!**

(A) MEAL DEAL 7- HOME MADE JUMBO SAUSAGE ROLL/OR MEATBALL SUB (Tomato sauce on request 40c) (G/F avail). Sausage roll or meatball sub with passata sauce and cheese. **Home made!**

(☺) MEAL DEAL 8 - MAC AND CHEESE OR CHICKEN FRIED RICE(G/F available on request). Macaroni and cheese sauce OR tasty fried rice with peas, corn and shredded chicken breast. **Home made!**






(☺) MEAL DEAL 9 –MAKE YOUR OWN SUSHI- G/F D/F Choose from the following: Chicken breast, cucumber, tuna, avocado, Lite mayo, capsicum, carrot, egg omelette, (soy sauce on request 40c). **Made FRESH daily!!**

(A) MEAL DEAL 10 –TACO POCKET WITH FRUIT SALAD- (G/F, D/F available on request). A HOT BAKED MELTING taco pocket with taco mince, salsa and cheese, served with a yummy fruit salad. **Home made!**












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/ or SOUR CREAM AND ONION

FROZEN FOODS






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

FRUIT BREAK OPTIONS (ALSO AVAILABLE AT ALL BREAKS)




-  40c ORANGE SMILES
-  80c FRUIT KEBAB
-  80c STRAWBERRY and GRAPE BAG
-  80c MINI BAKED POTATO
-  \$1.00 CHICKEN NOODLE SOUP
-  \$1.00 FRESH FRUIT as available (banana, orange, apple, mandarin, kiwi fruit)
-  \$1.00 FROZEN FRUIT YOGHURT "BARK"
-  \$1.00 APPLE SLINKY
-  \$1.50 FRUIT SALAD (add yoghurt 20c)
-  \$1.00 CUC, CAPS STICKS with hummus dip
-  \$1.00 HOT CORN COB

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)
- (A) \$1.00 MINI SAUSAGE ROLLS
- (A) \$1.50 APPLE PIE
-  \$1.00 GARLIC BREAD
-  80c HALF A CHEESE TOASTIE
- (A) \$1.50 STRAW/BANANA PIE
-  \$1.00 HASH BROWN
-  \$1.00 HOT CHOCOLATE
-  \$2.00 SPRING ROLL

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, Apple)
- (A) \$3.00 GLEE Fizzy Juice 99% (Raspberry/ 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**

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ALL FOOD IS MADE IN THE CANTEEN PRESERVATIVE FREE EXCEPT FOR GUJIONS 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/At Monash Primary School

MOBILE: 0481226960 EMAIL: contactus@melscanteen.com