

# Mel's Canteen - At Bonython Primary school



## WINTER MENU 2020 Term 3





### OPEN WEDNESDAY, THURSDAY and FRIDAY


There are 3 options for order during Term 3.


1. By dropping a paper bag with your child's order and cash into the box on the canteen bench before 9.30am
2. By **FLEXISCHOOLS** using the app, or online program by 9.15am
3. By direct deposit to account **BSB:062-692 ACC:3135-7033** (stating your Child's name and class as reference ) **AND** texting your child's order to Bridget Whatford (Your Bonython Manager) on PH:0449 203 141 **OR** emailing your order to [contactbridget@melscanteen.com](mailto:contactbridget@melscanteen.com) by 9.15am (you may also call Bridget directly on her mobile or Mel on 0481 226 960 and leave a message if needed or email [contactus@melscanteen.com](mailto:contactus@melscanteen.com) )

### MEAL DEALS ARE \$7.50 WITH A DRINK OF YOUR CHOICE OR \$6.00 WITH NO DRINK


 **MEAL DEAL 1:** **MAKE YOUR OWN PIZZA**, PIZZA BASE WITH TOMATO PASTE AND HERBS- plus your choice of- Capsicum, Pineapple, BBQ Chicken, Meat lovers mince, mushrooms, cherry tomatoes, topped with mozzarella cheese. **MADE TO ORDER**

 **MEAL DEAL 2:** **SPAGHETTI BOLOGNAISE (E/F) (G/F option available on request)** Bolognese Sauce-Tin tomatoes, Onion, garlic, mixed herbs, lean mince, tomato paste, kidney beans, hi fiber pasta, **cooked in canteen.**


 **MEAL DEAL 3:** **MAKE YOUR OWN SANDWICH (G/F option available on request)** 2 SANDWICHES WITH YOUR CHOICE OF FILLING- Cheese, vegemite, Strawberry jam, egg, mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, Toasted option. **Made to order.**


 **MEAL DEAL 4:** **HOME MADE CHICKEN SCHNITZEL-BURGER/OR WRAP** – (G/F option available on request) Whole meal bun/or wrap, with canteen made baked chicken breast schnitzel and lettuce, tomato, cucumber and lite mayo.

**(A) MEAL DEAL 5:** **MAKE YOUR OWN TACO (E/F) (D/F without cheese) (G/F on request)** 2 TACOS WITH YOUR CHOICE OF FILLING- Beef mince, chicken mince, lite cheese, diced cucumber, diced tomato, lettuce, tomato salsa, avocado










 **MEAL DEAL 6:** **CHEESEBURGER WITH LETTUCE (Tomato sauce on request) (G/F option available on request) (E/F option available on request)** Beef patty- egg, garlic, breadcrumbs, beef, zucchini, carrot, on whole meal bun with lite cheese, iceberg lettuce, **cooked in canteen.**

**(A) MEAL DEAL 7:** **HOME MADE JUMBO SAUSAGE ROLL (Tomato sauce optional 35c) (G/F AVAILABLE ON REQUEST)** Egg, beef and lamb mince, onion, carrot, garlic, parsley, tomato sauce, puff pastry.






 **MEAL DEAL 8:** **MAC AND CHEESE (G/F available on request)** Macaroni, lite cheese, lite milk, corn flour, **cooked in canteen**

 **MEAL DEAL 9:** **PUMPKIN SOUP WITH CRUSTY BREAD (G/F D/F (without cheese) E/F -G/F bread available on request)** **HOMEMADE TASTY PUMPKIN SOUP**, with melted cheese and crusty hot bread- Pumpkin, potatoes, onion, garlic, reduced salt chicken stock (vegan), curry powder, lite cheese.





## SNACK FOODS

-  20c 2 PAPPADUMS
-  \$1.00 CUSTARD CUP
-  80c HAPPY FACE BOILED EGG
-  60c PIKELETS (WITH JAM IF SPECIFIED)
-  10c EACH CHEESE STICKS
-  \$1.00 AIR POPPED POPCORN
- (A)** \$1.50 REDUCED SALT PRETZELS
- (A)** \$2.00 POTATO STIX (chicken/plain)
-  1.00 APPLE SLINKY
-  80c FRUIT KEBAB
-  \$1.50 FRUIT SALAD (add yoghurt 20c)





## FROZEN FOODS

-  50c YOGHURT POPS (pineapple/chocolate)
-  40c FROZEN FRUIT POPS (yellow/pink)
-  20c FRUZIE CUBES (strawberry/vanilla)
-  \$2.50 "TWISTED" creamy frozen Greek yoghurt swirl  
(Mango and watermelon/ blueberry and cookie dough)
- (A)** \$1.00 whole/ 50c half 99% JUICE QUELCH ICY POLES
- (A)** \$2.20 FROZEN SUNRAYSIA POUCHES
-  \$1.00 FRESH FRUIT **AS AVAIL** (banana/orange  
mandarin/apple/kiwi fruit)

## HOT FOOD ITEMS

- (A)** \$1.00 EACH CHICKEN NUGGETS
- (A)** \$1.50 HASH BROWNS
-  \$1.00 HOT CORN COB!
- (A)** 50c MINI SAUSAGE ROLLS **HOMEMADE**
-  \$1.50 HOT CHOCOLATE
-  \$1.00 GARLIC BREAD
-  \$1.00 CHICKEN NOODLE SOUP

## DRINKS

-  \$2.20 FLAVORED MILK (strawberry/choc, caramel) 250ML (D/F available on request)
-  \$1.65 PLAIN MILK 125ML
- (A)** \$2.20 SUNRAYSIA 100% Juice (apple/tropical)
- (A)** \$2.50 **GLEE** Fizzy Juice 99% (Tropical Treat/ Blackcurrant)
-  \$1.65 WATER BOTTLE 350ML
-  \$2.00 WATER BOTTLE 600ML

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

BREAD SUPPLIED BY [Vinton Hot Bake/ Bakery](#) Calwell Shops PH: 0423 730 818



We Proudly Support Lucky Stars Animal Sanctuary. Any food donations please drop in to the canteen. To Volunteer and assist the farm call 0414 719 985 or Email:

[luckystarssanctuary@gmail.com](mailto:luckystarssanctuary@gmail.com)

© Melinda Donnell 2019

If you have any questions, please contact Bridget Whatford, Canteen Manager-0449 203 141  
or Mel Donnell from "Mel's Canteen" MOBILE: 0481 226 960 Email: [contactus@melscanteen.com](mailto:contactus@melscanteen.com)