

Mel's Canteen - At Bonython Primary school



SPRING MENU 2019/ OPEN WEDNESDAY-THURSDAY-FRIDAY



Lunch orders can be order by using a paper bag with cash (**please use correct change if possible**) handed to the canteen by **9.30am** or ordered on line using **FLEXISCHOOLS**. Follow instructions online to sign up then **order and pay ONLINE by 9.30am** each day. Cash sales will be available over the counter at lunch and recess breaks.

PLEASE NOTE Prices are subject to change and all prices are inclusive of GST. All items are subject to availability

Tomato sauce sachet 35c

Paper bags 20c

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: mellydonnell@gmail.com

MEAL DEALS ARE \$7.00 WITH A DRINK OF YOUR CHOICE OR \$5.50 WITH NO DRINK

MEAL DEAL 1: **SPAGHETTI BOLOGNAISE** (E/F) (G/F option available on request add \$1.00) Bolognaise Sauce-Tin tomatoes/Onion/garlic/mixed herbs/lean mince/tomato paste/kidney beans/hi fiber pasta, **cooked in canteen.**

MEAL DEAL 2: **MAKE YOUR OWN SANDWICH** (G/F option available on request add \$1.00) **2 SANDWICHES WITH YOUR CHOICE OF FILLING.** Cheese, vegemite, Strawberry jam, egg and mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, Toasted option. **Made to order.**

MEAL DEAL 3: **CHICKEN FRIED RICE** (G/F) (D/F) Basmati rice, shredded chicken, salt reduced chicken stock, peas, sweet corn.

MEAL DEAL 4: **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.

(A) MEAL DEAL 5: **FISH FINGERS with LEMON WEDGE AND ORANGE CUP MELON BALL SALAD** (D/F) (E/F) (G/F free option available on request add \$1.00) Fish, Breadcrumbs, lemon, orange, watermelon, rock melon, strawberries.

MEAL DEAL 6: **CHEESEBURGER WITH LETTUCE** (Tomato sauce on request 35c) (G/F option available on request add \$1.00) (E/F option available on request) Beef patty- egg /garlic / breadcrumbs/beef/on Whole Meal bun with lite cheese/ iceberg lettuce, **cooked in canteen.**

(A) MEAL DEAL 8: **HOME MADE JUMBO SAUSAGE ROLL** (Tomato sauce optional 35c) (G/F AVAILABLE ON REQUEST ADD \$1.00) Egg, beef and lamb mince, onion, carrot, garlic, parsley, tomato sauce, tamarind soy, pastry.

MEAL DEAL 9: **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 10: **MAC AND CHEESE** Macaroni and cheese sauce cooked in canteen (G/F available on request add \$1.00.

MEAL DEAL 11: **HOME MADE CHICKEN SCHNITZEL-BURGER/OR WRAP** – Whole meal bun/or wrap, with canteen made baked chicken breast schnitzel and lettuce tomato, cucumber, and lite mayo.

SNACK FOODS

- (A) 70c JELLY/CUSTARD CUP
- (G) 55c CUSTARD CUP
- (G) 80c ORANGE MELON BALL SALAD CUP
(add yoghurt 20c)
- (G) 80c APPLE SLINKY
- (G) 70c HAPPY FACE/ BOILED EGG
- (G) 55c PIKELETS (WITH JAM IF SPECIFIED)
- (G) 35c CUCUMBER, CARROT OR CAPSICUM STICKS
- (G) 35c FRUIT BAGS (mandi, kiwi, s/berry, banana, mixed) (Mango and w-melon/Blueberry and cookie dough)
- (G) 35c AIR POPPED POPCORN
- (G) 70c TRAFFIC LIGHTS (celery, lite cream cheese, capsicum)
- (A) \$1.50 PRETZELS REDUCED SALT

FROZEN FOODS

- (G) 30c FROZEN YOGHURT DIPPED STRAWBERRIES
- (A) \$1.50 FROZEN MOOSIE MILK BAR (chocolate)
- (A) \$1.50 JUCIEE FROZEN FRUIT STICK (Tropical/Wild berry)
- (G) 40c YOGHURT POPS (PINEAPPLE/CHOCOLATE)
- (A) 99% FRUIT JUICE ICY POLE (70c whole/ 35c half)
- (G) 35c FROZEN FRUIT POPS **Yellow**/pink)
- (G) 20c FRUZIE CUBE (frozen yoghurt strawberry/vanilla)
- (G) \$2.20 "TWISTED" creamy frozen Greek yoghurt swirl
- (G) 50c TOASTED MUSLIE CUP (20c add yoghurt)
- (A) \$1.50 POTATO STIX (Chicken/Plain)

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

- (A) 80c CHICKEN NUGGETS -maximum serving 5 nuggets
- (G) \$1.00 MINI MEATBALL KEBABS
- (G) 50c HAWIIAN MUFFIN MELT
- (A) 50c MINI SAUSAGE ROLLS HOMEMADE
- (G) \$1.00 BAKED POTATO "CHIPS" (sliced whole potato oven baked till crispy)

DRINKS AVAILABLE OVER THE COUNTER

- (G) \$2.20 FLAVORED MILK (strawberry/choc, caramel) 250ML (20c back when cup returned) (D/F available on request)
- (G) \$1.65 PLAIN MILK 125ML
- (G) \$1.65 WATER BOTTLE 350ML
- (G) SMOOTHIES (banana and mango) (D/F avail on request)
- (A) \$2.00 Sunrasia Organic 100% Juice pouches (apple/Apple and black current, Orange) 200ML
- (A) \$2.20 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!

(G) 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 to the canteen. To Volunteer and assist the farm call 0414 719 985 or Email: luckystarssanctuary@gmail.com

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