

Mel's Canteen - At Bonython Primary School



SUMMER MENU 2021 Term 1




OPEN TUESDAY, WEDNESDAY, THURSDAY, and FRIDAY


There are 3 options for order during Term 1.


1. By dropping a paper bag with your child's order and cash into the box next to canteen bench before 9.30am
2. By **FLEXISCHOOLS** using the app, or online program by 9.10am
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 **KIRSTY HEMARA** (your new Bonython Manager) on PH: 0411 284 531 **OR** emailing your order to contactkirsty@melscanteen.com by 9.15am (you may also call Kirsty directly on her mobile or contact Mel on 0481 226 960 and leave a message if needed or email contactus@melscanteen.com name/class/and school)


MEAL DEALS \$7.50 WITH A JUICE/WATER/MILK OF YOUR CHOICE OR \$6.00 WITH NO DRINK

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


 **MEAL DEAL 1:** **MAKE YOUR OWN PIZZA**, PIZZA BASE WITH TOMATO PASTE AND HERBS (G/F AVAIL ON REQUEST) 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 BOLOGNESE** (G/F D/F option available on request) Bolognese Sauce - tin tomatoes/onion/garlic/mixed herbs/lean mince/tomato paste/kidney beans/hi fibre pasta. **Cooked in canteen.**

 **MEAL DEAL 3:** **MAKE YOUR OWN SANDWICH/WRAP** (G/F option available on request) **2 SANDWICHES OR 1 WRAP WITH YOUR CHOICE OF FILLING** - Cheese, vegemite, Strawberry jam, egg, mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, Nutlex spread, pineapple. Toasted option avail.


 **MEAL DEAL 4:** **MAKE YOUR OWN SALAD** – (G/F, D/F, E/F AVAIL 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.


(A) MEAL DEAL 5: **ENCHILADA LASAGNE WITH SALAD** (D/F, G/F available on request) Delicious fusion of flavors 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.

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




(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:** **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.**

 **MEAL DEAL 10:** – **BEEF PIE WITH WEDGES-** (G/F, D/F available on request) HOT Aussie Beef mince baked pies with potato wedges. **Homemade!!**












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) \$1.50 PRETZELS REDUCED SALT
- (A) \$2.00 POTATO STIX (Chicken/Plain)
-  30c CHEESE STICKS




FROZEN FOODS

-  20c FRUZIE CUBE (frozen yoghurt strawberry/vanilla)
-  40c FROZEN FRUIT POP (watermelon or pineapple)
-  50c FROZEN CHOC YOGHURT DIPPED BANANA STICK
-  50c FROZEN STRAWBERRY YOGHURT DIPPED STICK
-  60c YOGHURT POPS (strawberry or chocolate)
-  70c FROZEN PINEAPPLE RING
- (A) \$1.00 whole/ 50c half 99% JUICE QUELCH ICY POLE
- (A) \$2.00 PLATAPOPS (Rainbow/Caramel/Banana)





FRUIT AND VEG OPTIONS

-  80c FRUIT KEBAB
-  80c WATERMELON TRIANGLES
-  80c GRAPE BAG
-  \$1.00 APPLE SLINKY
-  \$1.00 FROZEN FRUIT YOGHURT "BARK"
-  \$1.00 FRESH FRUIT (banana, orange, nectarine, apple)
-  \$1.00 CHERRY TOMATO CATERPILLAR STICK
-  \$1.00 CUCUMBER AND CHEESE STICK
-  \$1.50 MELON BALL FRUIT SALAD (add yoghurt 20c)
-  \$1.50 FRUIT YOGHURT SMOOTHIES
(Mango, Blueberry, Strawberry)
-  \$2.00 HALF A FRESH MANGO

HOT FOOD ITEMS

- (A) \$1.20 each CHICKEN NUGGETS (Steggles)
- (A) \$1.00 BAG POTATO WEDGES
-  \$1.50 BAKED CHICKEN TENDERS
- (A) \$1.00 MINI SAUSAGE ROLLS
-  80c HALF A CHEESE TOASTIE
-  80c MINI MEATBALL KEBAB

DRINKS

-  \$1.65 PLAIN MILK 125ML
-  \$1.70 WATER BOTTLE 350ML
-  \$2.20 WATER BOTTLE 600ML
-  \$2.20 FLAVORED MILK (Strawberry/Chocolate) 250ML (D/F avail on request)
- (A) \$2.20 JUICE 99% Juice 200ML (Apple black current, Orange, Apple) (also available frozen!)
- (A) \$3.00 GLEE Fizzy Juice 99% (Blueberry Sour/ 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 NUGGETS AND WEDGES

ANY QUESTIONS please contact YOUR MANAGER KIRSTY HEMARA on 0411 284 531

contactkirsty@melscanteen.com For Special dietary requirements, please contact Melinda Donnell - Mel's Canteen/At Bonython Primary School MOBILE: 0481226960 EMAIL: contactus@melscanteen.com

BONYTHON PRIMARY SCHOOL: 6142 0656