

Mount Carmel

CANTEEN



Daily Specials

Monday

\$6

Mexican Street Bowl

Tuesday

\$6

Chicken & Wedges

Wednesday

\$6

Creamy Chicken Pasta

Thursday

\$6

Burrito's

Friday

\$5

Assorted Pizza's

Classics

\$6

PO

Pre-Order by 9am

★ Mexican Beef Nachos

★ Mexican Veggie Nachos

★ Creamy Chicken Pasta **H**

★ Butter Chicken & steamed rice **H**

★ Pasta Bolognese

★ Vegetarian Chilli Pasta **V**



Favourites

★ Wedges V	\$5.00
★ Meat Pie	\$4.60
★ Sausage Roll	\$5.00
★ Cheese & Spinach Roll V	\$5.50
★ Corn Cob V	\$2.00
★ Smashed Falafel Wrap V	\$5.00
★ Chicken Strip H	\$2.50
★ Chicken Wrap H	\$5.00
★ Hot Dog	\$4.00
★ Garlic Loaf V	\$2.50

Burger Bar



★ Oli's Chicken Burger H	\$6.00
Chicken, lettuce & mayo	
★ Chicken Burger with Peri Mayo H	\$6.00
Lettuce, chicken & peri mayo	
★ Chicken Caesar Burger - Chicken, lettuce, cheese, bacon & caesar sauce	\$6.50
★ Cheese Burger	\$6.00
Prime beef pattie, cheese & tomato sauce	
★ Smashed Falafel V	\$6.00
Burger - Lettuce, falafel & sweet chilli sauce	
★ Fish Burger - Crumbed fish fillet, cheese & mayo	\$6.00

Healthy Start

★ Fruit Slice V	\$1.00
★ Hash Brown V	\$1.50
★ Cheese Toastie V	\$3.50
★ Ham & Cheese Toastie	\$4.00
★ Fruit Cup V	\$3.00
★ Fruit Tub V	\$5.00
★ Juice	\$3.50
★ Yogurt Cup	\$3.00
★ Yogurt & Fruit Cup	\$3.00
★ Muffins	\$3.50

★
Everyday

★
Occasional

H
Halal option

V
Vegetarian option

GF
Gluten free option

PO
Pre-Order by 9am

Special dietary requirements please see Canteen Manager

eftpos

flexischools

Everything Bread and more....

Rolls

\$7

★ Peri Chicken Sub **H**

★ Chicken & Mayo Sub **H**

★ Chicken Caesar Sub

★ Meatball Sub

★ Salad Roll **v**

★ Ham, Cheese & Tomato Roll

Milk Buns

\$6

★ Turkey Bun - Lettuce, turkey & mayo

★ Falafel Bun - Lettuce, falafel **v**
& peri sauce

★ Ham Bun - Ham, cheese & tomato

Wraps

\$5

★ Chicken Mayo Wrap **H**

★ Chicken Peri Wrap **H**

★ Ham, Cheese & Tomato Wrap

★ Smashed Falafel & Sweet **v**
Chilli Wrap

Gluten Free Wraps Available (extra \$1)

Sandwiches

\$5

PO
Pre-Order
by 9am

★ Ham & Cheese

★ Salad **v**

★ Egg & Lettuce **v**

★ Chicken, Lettuce & Mayo **H**

★ Ham, Cheese & Tomato

★ Ham & Salad

★ Chicken & Salad **H**

Gluten Free Sandwiches Available (extra \$1)

Salads & More



PO
Pre-Order
by 9am

★ Chicken Caesar Salad Large \$6.50
Medium \$5.00

★ Buffalo Chicken Salad **H** Large \$6.50
Small \$5.00

★ Oriental Noodle Salad **H** Medium \$5.00
Small \$3.00

★ Garden Salad **v** Large \$6.50
Small \$5.00

★ Fruit Slice **v** \$1.00

★ Fruit Cup **v** \$3.00

★ Fruit Tub **v** \$5.00

★ Power Bowl **H v** \$6.50

★ Chicken Power Bowl **H** \$7.00

GF/Halal

Chicken products are halal

PO
Pre-Order
by 9am

★ GF Beef Pie **GF** \$5.50

★ GF Sausage Roll **GF** \$5.00

★ Halal Sausage Roll **H** \$5.50

★ Gluten Free Sandwiches
& Wraps **GF**



Sides n Snacks

★ Frozen Juice Icy \$1.00

★ Jelly Cup \$2.00

★ Yogurt Cup \$3.00

★ Yogurt & Fruit Cup \$3.00

★ Muffin \$3.50

★ Whole Fruit \$1.50



Drinks

★ Water \$3.00

★ Sports Water \$4.50

★ Popper Juice \$2.50

★ Juice Bottle \$4.00

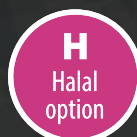
★ Oak Milk \$4.90

★ Gatorade \$4.90

★ Diet Bottles \$4.90

★ Diet Can \$3.30

★ Milkshake \$4.00



Special dietary requirements
please see Canteen Manager

