

Melrose High School Canteen - Term 4 2018

Everyday Snacks

Hot		Cold	
Whole Corn on the Cob (GF, V, H)	\$ 2.00	Smoothies - Banana or Berry (GF, V, H)	\$ 3.00
Potato Slinky's (GF, V, H)	\$ 2.00	Homemade Banana Bread (V, H)	\$ 1.50
Spinach and Feta Triangles (V, H)	\$ 0.80	Edamame Beans (GF, V, H)	\$ 2.00
Vegetarian Spring Rolls (V, H)	\$ 0.80	Watermelon Tubs (GF, V, H)	\$ 2.50
Hash Brown (V, H)	\$ 0.80	Assorted Sandwich boxes	\$ 3.00
Garlic Bread (V, H)	\$ 1.00	Aussie Poke Bowl – Rice, corn, salsa, beans & Guacamole (GF, V, H)	\$ 4.00
Cheesy Garlic Bread (V, H)	\$ 2.00	Fruit Salad (GF, V, H)	\$ 4.00
Pizza Scrolls (V, H)	\$ 2.00	Assorted Yoghurts (GF, V, H)	\$ 2.50
Chicken Fingers (H)	\$ 3.50		

Daily Specials

Monday			
Recess		Lunch	
Breakfast Flatbreads - variety of flavours	\$ 3.00	Teriyaki Beef Noodle Bowl	\$ 6.00
Homemade Pancakes (V)	\$ 4.00	Sweet Chilli Chicken Wrap	\$ 3.50
Wedges (V)	\$ 4.00	Homemade Chicken Kebabs	\$ 4.00
Hash Brown, Egg & Cheese Roll	\$ 5.00	Homemade Pizza - BBQ Chicken (per slice)	\$ 4.00

Tuesday			
Recess		Lunch	
Breakfast Muffins	\$ 4.00	Homemade Butter Chicken and rice	\$ 6.00
Cheesy Garlic Hash Brown Roll (V)	\$ 4.00	Homemade Lamb Kebabs	\$ 4.00
Ham & Cheese Mega Toastie	\$ 3.00	Homemade Sausage Rolls	\$ 4.00
Cheese and Vegemite scrolls (V)	\$ 2.00	Homemade Pizza - Garlic Cheese (per slice)(V)	\$ 4.00

Wednesday			
Recess		Lunch	
Ham & Egg Hash Brown Rolls	\$ 5.00	Bang Bamg Chicken Rice	\$ 6.00
Sweet Chilli Chicken Wrap	\$ 3.50	Homemade Beef Burgers	\$ 5.00
Breakfast Flatbreads - variety of flavours	\$ 3.00	Toasted Flat Breads - various flavours	\$ 3.00
Cheese and Vegemite Scrolls (V)	\$ 2.00	Homemade Pizza - Lamb, Feta & Spinach	\$ 4.00

Thursday			
Recess		Lunch	
Sausage, Egg, Hash Brown Roll	\$ 5.00	Vietnamese Chicken Meatball Sub	\$ 6.00
Turkey Rueben Mega Toastie	\$ 4.00	Halal Snack Packs (H)	\$ 5.00
Cheese and Vegemite Scrolls (V)	\$ 2.50	Homemade Chicken Burgers	\$ 5.00
Homemade Pancakes (V)	\$ 4.00	Homemade Pizza - Margarita (per slice) (V)	\$ 4.00

Friday			
Recess		Lunch	
Cheesy Garlic Hash Brown Roll (V)	\$ 4.00	Chicken Enchilada Bowls	\$ 6.00
Wedges (V)	\$ 4.00	Halal Snack Packs (H)	\$ 5.00
Breakfast Flatbreads - variety of flavours	\$ 3.00	Assorted Good Eating Meat Pies	\$ 4.00
Ham, Egg & Hash Brown Roll	\$ 5.00	Homemade Pizza - with the lot (per slice)	\$ 4.00

GF - Gluten Free V - Vegetarian H - Halal

Daily specials can be made GF - Please phone the Canteen on 6142 0728