

Melrose High School Canteen - Term 1, 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	
Sausage and Egg Wraps	\$ 5.00	Chicken Pesto Pasta	\$ 5.00
Cheese and Tomato Toasted Baguette (V)	\$ 4.00	Quesadillas – Chicken or beef (2 per serve)	\$ 4.00
Baked Bean Jaffles (V)	\$ 3.00	Homemade Sausage Rolls	\$ 4.00
Spinach, Cheese and tomato Panini (V)	\$ 4.00	Homemade Pizza - Margarita (per slice) (V)	\$ 4.00

Tuesday			
Recess		Lunch	
Ham and Egg Rolls	\$ 5.00	Butter Chicken and rice	\$ 5.00
Raisin Toast (2 per serve) (V)	\$ 2.50	Homemade Veggie Burgers (V)	\$ 5.00
Sweet Chilli Chicken Wrap	\$ 3.50	Homemade Beef Burgers with the lot	\$ 5.00
Cheese and Vegemite scrolls (V)	\$ 2.00	Homemade Pizza - Hawaiian (per slice)	\$ 4.00

Wednesday			
Recess		Lunch	
Spinach, Cheese and Tomato Pockets (V)	\$ 4.00	Beef and Veg Noodle Box	\$ 5.00
Wedges (V)	\$ 4.00	Quesadillas – Vegetable or Chicken (2 per serve)	\$ 4.00
Mixed Berry Jaffles (V)	\$ 3.00	Chicken Burgers	\$ 5.00
Hash Brown and Baked Bean rolls (V)	\$ 5.00	Homemade Pizza - Chese & Garlic (per slice) (V)	\$ 4.00

Thursday			
Recess		Lunch	
Sweet Chilli and Chicken roll	\$ 5.00	Pasta Bolognese	\$ 5.00
Baked Bean Jaffles (V)	\$ 3.00	Assorted Meat Pies	\$ 5.00
Raisin Toast (2 per serve) (V)	\$ 2.50	Mediterranean Kebabs with falafel (V)	\$ 5.00
Spinach, egg and ham rolls	\$ 5.00	Homemade Pizza - Chicken & Basil (per slice)	\$ 4.00

Friday			
Recess		Lunch	
Apple Pie Jaffles (V)	\$ 3.00	Homemade Veggie Burgers (V)	\$ 5.00
Sausage and Egg Wraps	\$ 5.00	Chicken Burgers	\$ 5.00
Cheese and Vegemite Scrolls (V)	\$ 2.00	Basil Pesto Pasta (V)	\$ 5.00
Sweet Chilli Chicken Wraps	\$ 3.50	Homemade Pizza - Vegetarian (per slice) (V)	\$ 4.00

GF - Gluten Free V - Vegetarian H - Halal

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