

MELROSE HIGH SCHOOL CANTEEN

MENU

TERM 3 2026

MONDAY RECESS

Pesto and Cheese Toasted Sandwich \$6.00
Basil pesto, tomato and provolone cheese on a turkish roll

Sweet Chilli Chicken Wrap \$5.00

Egg Cheese and Hash Brown Roll \$6.00

MONDAY LUNCH

Ginger Garlic and Noodle Soup \$8.30
Homemade vegetable and rice noodle soup loaded with shitake mushrooms and bok choy. Topped with chilli crisp.

Spicy Black Bean Burritos \$7.00
Tortillas baked and packed with mexican rice and beans topped with cheese, sour cream and avocado

Loaded Chilli Fries \$7.00
Hot cooked potato fries topped with cheese, red onion, jalapenos, coriander and sour cream

Pizza – Cheese and Garlic \$5.00

THURSDAY RECESS

Cheesy Pizza Sticks \$6.00
Pizza dough loaded with beef pepperoni and cheese or capsicum and olives (V)

Ham, Cheese, Tomato and Onion Toastie \$5.00

Vegetable and Feta Sausage Rolls \$5.00
Cheese and chickpea filled puff pastry rolls

THURSDAY LUNCH

Homemade Curry Chicken and Rice \$8.30
Chicken served in a homemade curry sauce loaded with carrot, celery, corn, peas, broccoli and zucchini served with rice

Potato Gems and Popcorn Chicken Pots \$7.00

Crispy Rice and Beef Bowls \$8.30
Crispy coconut rice with spicy coconut red curry beef loaded with cucumber, red capsicum, corn and lettuce and covered in a sweet and tangy vinaigrette

Pizza – Ham and Pineapple \$5.00

TUESDAY RECESS

Turkish Eggs on Toast \$6.00
Creamy yogurt, perfectly cooked eggs, spiced butter, and crispy toast

Ham, Cheese, Tomato and Onion Toastie \$5.00

Vegetable and Feta Sausage Rolls \$5.00
Cheese and chickpea filled puff pastry rolls

TUESDAY LUNCH

Mexican Taco Rice \$8.30
Beef mince cooked in mexican spices and served with rice, pickled onion and cherry tomato, cheese and lettuce. Topped with sour cream.

Roast Chicken Rolls with Gravy \$8.30
Freshly roasted chicken served on a crispy white roll and smothered in homemade beef gravy

Sweet Chilli Chicken Wrap \$5.00

Pizza – Beef Pepperoni \$5.00 (halal)

FRIDAY RECESS

Egg Cheese and Hash Brown Roll \$6.00 (V)

Sweet Chilli Chicken Wrap \$5.00

Pesto and Cheese Toasted Sandwich \$6.00
Basil pesto, tomato and provolone cheese on a turkish roll

FRIDAY LUNCH

Homemade Pasta Bolognese \$8.30

Chicken Katsu Curry Burger \$8.30
Perfectly crispy, juicy chicken coated in a katsu curry mayonnaise and topped with spring onion and lettuce

Homemade Vegetarian Nachos \$6.00

Pizza – The Lot \$5.00

WEDNESDAY RECESS

Egg Cheese and Hash Brown Roll \$6.00

Sweet Chilli Chicken Wrap \$5.00

Pesto and Cheese Toasted Sandwich \$6.00
Basil pesto, tomato and provolone cheese on a turkish roll

WEDNESDAY LUNCH

Homemade Butter Chicken \$8.30
Homemade delicious creamy Butter Chicken served with rice.

Loaded Chilli Fries \$7.00
Hot cooked potato fries topped with cheese, red onion, jalapenos, coriander and sour cream

Spicy Black Bean Burritos \$7.00
Tortillas baked and packed with mexican rice and beans topped with cheese, sour cream and avocado

Pizza – Margherita \$5.00 (V)

DRINKS

600ML OAK MILKS \$5.00

300ML OAK MILKS \$4.00

600ML WATER \$2.00

250ML HARVEY FRESH
JUICE \$2.50

250ML OAK MILK \$3.00

600ML PLAIN MILK \$3.50

300ML PLAIN MILK \$2.50

GLEE DRINKS \$3.00

500ML OAK THICKSHAKE
\$5.00

500ML OAK PROTEIN
SHAKE \$5.00

EVERYDAY

CHEESE AND VEGEMITE SCROLL \$3.00

6 CHICKEN FINGERS \$5.00

CHEESY GARLIC BREAD \$2.50

HAM CHEESE POCKET \$2.00

GARLIC BREAD \$1.00

SPRING ROLLS , HASH BROWNS, SPINACH FETA TRIANGLES \$1.30

FROM THE GREEN FRIDGE

Rolls and Wraps

Assorted toppings \$6.00

Fresh Fruit Salad \$5.00

Watermelon Tubs \$3.00

Watermelon Slices \$0.50

Lunch orders are available from flexischools.com.au by 9:30am