

MELROSE HIGH SCHOOL CANTEEN

MENU

TERM 1 2024

MONDAY RECESS

Cheesy Mozzarella and Pesto Toastie \$5.00
 Toastie loaded with mozzarella, basil pesto and fresh tomato
 Sweet Chilli Chicken Wrap \$4.50
 Egg Cheese and Hash Brown Roll \$6.00 (V)

To

MONDAY LUNCH

Creamy Spinach Tortellini \$8.00
 Three Cheese Tortellini cooked in a creamy cheese and spinach sauce
 Potato Gems and Popcorn Chicken Pots \$6.50
 Homemade Nachos \$6.00 (V)
 Pizza – BBQ Chicken \$4.50

THURSDAY RECESS

Spinach and Feta Scroll \$4.50
 Spinach, feta, parmesan in pizza dough
 Cheesy Pizza Sticks \$6.00
 Pizza dough loaded with pepperoni and cheese or black olives (V)
 Egg Cheese and Hash Brown Roll \$6.00 (V)

THURSDAY LUNCH

Crispy Beef Rice Bowl \$8.00
 Crispy Beef cooked in a spicy sweet sauce served with bok choy and rice
 Smash Burger loaded fries \$7.00
 Fresh fries loaded with crispy beef, cheese and pickles.
 Homemade Nachos \$6.00 (V)
 Pizza – Ham and Pineapple \$4.50 (V)

EVERYDAY

CHEESE AND VEGEMITE SCROLL \$3.00
 6 CHICKEN FINGERS \$4.80
 CHEESY GARLIC BREAD \$2.50
 HAM CHEESE POCKET \$2.00
 GARLIC BREAD \$1.00
 HOMEMADE BERRY MUFFINS \$3.00
 SPRING ROLLS , SPINACH FETA TRIANGLES \$1.30

TUESDAY RECESS

Spinach and Feta Scroll \$4.50
 Spinach, feta, parmesan in pizza dough
 Ham and Cheese Mega Toastie \$4.50
 English Muffin French Toast \$6.00
 Homemade English muffins with maple syrup and blueberries

TUESDAY LUNCH

Homemade Butter Chicken \$8.00
 Smash Burger loaded fries \$7.00
 Fresh fries loaded with crispy beef, cheese sauce and pickles
 Mega Chicken Tender Taco Wrap \$7.00
 Toasted wrap filled with chicken tenders, salsa, lettuce and cheese
 Pizza – Cheese and Garlic \$4.50 (V)

FRIDAY RECESS

S Cheesy Mozzarella and Pesto Toastie \$5.00
 Toastie loaded with mozzarella, basil pesto and fresh tomato
 Ham Egg Cheese and Hash Brown Roll \$6.00
 Sweet Chilli Chicken Wrap \$4.50

FRIDAY LUNCH

Homemade Pasta Bolognese \$8.00
 Crispy Chicken Burger \$7.00
 Freshly cooked Chicken on a bun topped with lettuce, red onion, mayo, bbq sauce, cheese, tomato and sweet pickles
 Potato Gems and Popcorn Chicken Pots \$6.50
 Pizza – The Lot \$4.50

WEDNESDAY RECESS

Turkey and Cranberry Grilled Cheese \$5.00
 Turkey, cranberry, cream cheese panini
 Ham Egg Cheese and Hash Brown Roll \$6.00
 Sweet Chilli Chicken Wrap \$4.50

WEDNESDAY LUNCH

Hoisin and Ginger Noodles \$8.00
 Freshly cooked udon noodles covered in a delicious Hoisin Ginger sauce
 Potato Gems and Popcorn Chicken Pots \$6.50
 Homemade Nachos \$6.00 (V)
 Pizza – Margherita \$4.50 (V)

DRINKS

600ML OAK MILKS \$4.80
 300ML OAK MILKS \$3.50
 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 \$4.80
 500ML OAK PROTEIN SHAKE \$4.80

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

Text **0478 780 362** before 11:30am

Email melroselunchorders@gmail.com before 11:30am