

# MELS CANTEEN MENU

## SANDWICHES



Whole meal or white bread (gluten free for extra \$0.50)

- Vegemite or Jam \$2.20
- Cheese \$3.00
- Ham \$3.50
- Ham & Cheese \$4.00
- Ham, Cheese & Tomato \$4.50
- Salad (Lettuce, Tomato, Beetroot, Cucumber, Carrot) \$4.80
- Chicken, Cheese, & Mayo \$4.50
- Chicken, Lettuce & Mayo \$4.50
- Egg, Lettuce & Mayo \$4.50
- Sweet Chilli Chicken w/Lettuce and Mayo \$5.00

## SALADS



- Garden Salad (lettuce, carrot, tomato, cucumber, carrot, beetroot) \$5.50
- Chicken Garden Salad \$6.00
- Chicken Caesar Salad (chicken, lettuce, croutons, egg, caesar dressing) \$6.50
- Caesar Salad (lettuce, croutons, egg, cheese, caesar dressing) \$6.00
- Sweet Chilli Chicken Salad (sweet chilli chicken tender, lettuce, sweet chilli, mayo) \$6.00

## FRESH FRUIT



- Watermelon Bowl \$5.00
- Fruit Salad Bowl \$5.50
- Fruit pieces (seasonal – apple, mandarin, watermelon slice, banana) \$1.50

## ONLINE ORDERING WITH

Spriggy



[ Chicken and Beef Products are Halal ]

## WRAPS



- Sweet Chilli Chicken w/Lettuce and Mayo \$6.50
- Chicken, Lettuce, Mayo \$6.00
- Chicken & Salad \$6.00
- Chicken Caesar Salad \$6.50
- Salad \$5.50

## SUSHI



(Ask for soy sauce)

- Chicken Teriyaki \$4.00
- Tuna \$4.00

## GLUTEN FREE

- Vegetarian Fried Rice \$5.00
- Chicken Fried Rice \$5.00
- Butter Chicken w/Rice \$5.00
- Gluten Free Nuggets x6 \$6.00
- Beef Nachos \$5.50
- Beef Nachos w/Cheese \$6.00

## BREAKFAST



- Hash Brown. (GF) \$1.80
- Toasted Cheese Sandwich \$3.00
- Toasted Cheese Wrap \$3.00
- Toasted Cheese & Ham Wrap \$4.50

## MEAL DEALS

AVAILABLE MONDAY TO THURSDAY

1. Any Burger \$9.00
2. Hot Dog \$7.50
3. Cheese Pizza \$7.90
4. Any Pasta/Rice \$9.00

### PICK ONE

- Popcorn
- Fruit Piece

### PICK ONE

- Water
- Fruit Juice

[GF = GLUTEN FREE]

# MELS CANTEEN MENU

## HOT BITES



- Chicken Nuggets x1 \$1.00
- x4 \$3.80
- x6 \$5.00
- Spicy Chicken Wings \$2.00
- Hash Brown \$1.80
- Garlic Bread \$3.20
- Hot Dog with Sauce (Tomato or BBQ) \$4.00
- Meat Pie \$5.00
- Sausage Roll \$4.00
- Spinach and Ricotta Roll (Vegetarian) \$6.00
- Mini Meat Pie x1 \$1.80
- x3 \$5.20
- (Tomato sauce, BBQ sauce) \$0.50

## PASTA & RICE



- Beef Lasagne \$5.50
- Mac & Cheese (Vegetarian) \$5.50
- Bolognese Beef Pasta \$5.00
- Butter Chicken w/Rice \$5.00
- Vegetarian Fried Rice \$5.00
- Chicken Fried Rice \$5.00
- Chicken Creamy Pasta \$5.00

## DRINKS



- Water \$2.00
- Fruit Juice (Orange, Apple, ABC) \$2.50
- Plain Milk \$2.50
- Oak Milk (Chocolate, Strawberry) \$3.00
- Up N Go (Vanilla, Chocolate) \$3.50
- Glee (Grape, Watermelon, Tropical, Blackcurrant) \$3.50
- Groove (Watermelon, Raspberry) \$3.50
- Ice Tea (Peace, Raspberry) \$4.00
- Aloe Vera (Grape) \$4.00
- Hot Chocolate (Pick up at canteen) \$2.50

## NOODLES



Pick up at canteen

- Chicken \$3.50
- Beef \$3.50
- Oriental (Vegetarian) \$3.50
- Tom Yum Noodles \$3.50

## BURGERS



Choose between Tomato or BBQ Sauce

- Chicken Burger Lettuce & Mayo \$5.80
- Chicken & Cheese Burger Mayo \$6.00
- Beef & Cheese Burger \$6.00
- Aussie Beef (Lettuce, Tomato, Beetroot) \$6.50

## SNACKS



- Popcorn (GF) \$1.20
- Chips (Honey Soy, Sea Salt, Salt and Vinegar, Sweet Chilli) \$2.50
- Piranha Rice Snaps/Veget Crackers (GF) \$3.00
- Brownie \$1.20
- Jelly Bowl \$2.20
- Banana Bread \$3.00
- Muffin (Chocolate or Blueberry) \$3.50

## PIZZA

Homemade



- Cheese Pizza \$4.50
- Ham & Cheese Pizza \$5.00
- Pepperoni & Cheese Pizza \$5.00

## ICE COLD TREATS



- Frozen Juice Cup \$2.00
- Zooper Dooper \$1.00
- Sour Icy Pop \$1.20
- Quelch Ice Tube \$1.00
- Supa Pop Ice Cream (Chocolate or Blue Illusion) \$2.50