

# Melville SHS Canteen Menu 2017

Feb 2017

Recess		
<b>Specials</b>		
<b>Monday:</b> Cheesies (\$1) with Ham, Baked Beans or Spag		\$1.50
<b>Tuesday:</b> Buffalo Wings sand Flaming Wings (spicy)		\$3.00
<b>Wednesday:</b> Chicken Nuggets (4)		\$2.00
<b>Thursday:</b> Corn Jacks		\$2.00
<b>Friday</b> Pizza: Chicken & Cheese , Ham & Cheese, Supreme, Vegetarian		\$3.00
<b>Recess Items</b>		
UP n Go Breakfast Drink - chocolate or vanilla		\$2.50
Light Fruit Yoghurt		\$2.50
Toasted Ham & Cheese Sandwich		\$2.00
Toasted Chicken & Cheese Sandwich		\$3.50
Toasted Cheese & Tomato Sandwich		\$1.50
Banana Bread		\$2.00
Piece of Fruit		\$1.00
Half Chicken Strip Wrap with Lettuce & Mayo		\$3.50
Muffin chocolate, orange poppy seed, blueberry or banana		\$2.00
Steamed Dim Sims (x2)		\$1.50
Sandwiches, Wraps & Rolls (see lunch)		
Sushi - Hand Roll		\$5.00
<b>Snacks</b>		
Smiths Potoato Chips Salt & vinegar, BBQ, Original		\$1.50
Corntoes BBQ or Cheese		\$1.00
Grainwaves (Small)		\$1.50
Fruit Salad		\$3.00

Drinks		
300ml Flavoured Milk		\$3.00
600ml Flavoured Milk		\$4.00
Up & Go		\$2.50
Bottled Water		\$2.00
Juicee Crush		\$2.00
Iced Tea		\$3.50

To volunteer in the Canteen contact Canteen Manager: Dierdre Moore  
 Phone: 9330 2831 dierdre.moore@education.wa.edu.au  
 Please order your lunch to avoid disappointment:  
 ONLINE before 9am @ www.flexischools.com.au (25c fee)  
 IN PERSON - Canteen open at 8:15 for pre-orders  
 EFTPOS Available (under \$5 = 20c fee)

Traffic Light: **Green** encouraged, **Amber**: select carefully and eat in moderation

Lunch		
<b>Specials</b>		
<b>Monday</b> Pasta Bolognese - Savoury Mince		\$4.00
<b>Tuesday</b> Cheese Burger, Mustard & Tomato Sauce		\$4.00
Savoury Mince		\$4.00
<b>Wednesday</b> Sausage Sizzle, Mustard and Cheese		\$4.00
Potato Bake		\$3.00
<b>Thursday</b> Pie, Potato, Beef & Cheese Cruiser, Pepper Steak		\$4.00
Sausage Roll or Spinach & Ricotta Roll		\$2.50
<b>Friday</b> Nachos (Three Bean, Chicken or Beef)		\$4.00
<b>Sandwiches, Wraps &amp; Rolls</b>		
Cheese Salad		\$4.10
Chicken		\$3.60
Chicken & Salad		\$4.60
Egg & Lettuce		\$3.60
Egg & Salad		\$4.10
Ham & Salad		\$4.60
Make your own from the fresh options available (online only)		\$2.50+
Salad		\$3.60
Tuna & Salad		\$4.60
Sushi - Hand Roll		\$5.00
<b>Salads</b>		
Salad bowls with vinaigrette and a piece of bread		\$4.50
<b>Hot Food</b>		
Ham & Cheese Focaccia (Half)		\$2.50
Ham & Cheese Focaccia (Whole)		\$4.00
Chicken & Cheese Focaccia (Half)		\$3.50
Chicken & Cheese Focaccia (Whole)		\$6.00
Hot Chicken Roll		\$3.00
Chicken and Salad Burger		\$5.00
Cup of Chicken Noodles		\$2.50
Hamburger with Salad		\$4.00
Yumbo - Ham & Cheese Roll heated up		\$2.00
Tomato Sauce (Chillie or BBQ Sauce 0.30c)		\$0.20
<b>Snacks</b>		
Smiths Potoato Chips Salt & vinegar, BBQ, Original		\$1.50
Corntoes BBQ or Cheese		\$1.00
Grainwaves (Small)		\$1.50
Fruit Salad		\$3.00
Tomato Sauce		\$0.20
<b>Ice Creams</b>		
Calippo, Zing Snap, Lemondade Twist		\$1.00

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