



**Mount
Carmel
College**

Courage.
Compassion.
Justice.

Canteen Menu – Term 2, 2023

Price \$

Salads

Small Salad Wrap	5.00
Large Salad Wrap	7.00
Salad Turkish Bread	7.00
Salad Sandwich	6.00
Custom Salad	6.50

Salad Options for salads, wraps (including gluten free), Turkish bread, sandwiches :
avocado, capsicum, carrot, cheese, chickpeas, cucumber, egg, fetta cheese, free-
range ham, mesculin mix, poached chicken, red onion, semi-sundried tomatoes,
tomato, tuna.

Dressing Options : creamy dressing, French, Italian and mayonnaise.

Garden Salad	6.00
Dressing Options : French, Italian	

Toasted Sandwiches

1 filling	4.00
2 fillings	4.50
3 fillings	5.00
Additional Fillings	1.00 ea

Bread Options : white and wholemeal. Gluten free available for \$1 extra.

Fillings : avocado, capsicum, carrot, cheese, egg, free-range ham,
poached chicken, red onion, semi-sundried tomatoes, tomato.

Spreads : BBQ sauce, mayonnaise, sweet chilli sauce, tomato relish,
tomato sauce.

Turkish Bread (1 filling)	4.80
Additional Fillings	0.50 ea

Garlic Bread	2.50
Cheese and Garlic Turkish Bread	3.20
Cheese and Bacon Turkish Bread	3.50



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Hot Options

Fried Rice (GF) : bacon, egg omelette, spring onion, peas, corn, capsicum and soy sauce	6.00
Vegetarian Fried Rice (GF) : egg omelette, spring onion, peas, corn, capsicum and soy sauce rice is steamed, not fried and no oil is used	6.00
Vegetarian Pasta : Napoli sauce, herbs and cheese	6.00
Green Chicken Curry : chicken and vegetables with rice	6.80
Nachos (GF) : with salsa and cheese	5.50
Extras Toppings : guacamole, sour cream	1.00 ea

Pies (National Pies)

Lunch Pie	5.00
Chicken and Camembert	6.50
Curried Chicken	5.00
Vegetarian Cheesy Pie	6.00
Pastie	5.00
Party Sausage Roll	2.50
Party Pies : meat, chicken & camembert, curried chicken	2.50

All pastry products are from the canteen approved Smarty Pie range which is lower in fat and salt. Meat pies contain vegetables.

Snacks

Red Rock Chips : sea salt, sweet chilli, honey soy, salt & vinegar	2.20
Vegie Chips : natural, BBQ, sea salt & vinegar	2.20
Fruit Salad made from seasonal fruit	5.00



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Drinks

Water : pop top/small / large	2.50 / 3.00 / 4.50
Hartz Mineral Water : raspberry, lemonade, orange, lemon	3.20
Juicy Isle Orange Juice : small / large	3.50 / 4.30
Pop Top Juices : orange, apple, apple-blackcurrant	3.20
Ribena Blackcurrant Juice : small / large	2.00 / 4.80
Glee Sparkling Juice : blackcurrant, blueberry, raspberry, tropical, watermelon	2.50
Pure Tassie Organic Juice: cloudy apple, apple & blackcurrant, apple & mango, green juice, pulped orange juice	4.10
Nippy’s Milk : chocolate - small / large	3.50 / 4.30
: honeycomb – small only	
Milkshakes (GF) made with ice cream	
Available flavours : caramel, chocolate, lime, milo, strawberry, vanilla	6.00

Ice Creams and Icy Poles

Jelly Cups	1.00
Icy Poles : lemonade, raspberry	1.40
Billabong	1.70
Frosty Fruit	2.40
Lifesaver	2.40
Bulla Frozen Yoghurt	3.00
Milo	3.40

**Please check the Specials Board for additional items.
There are no variations to the menu.**