



**Mount
Carmel
College**

Courage.
Compassion.
Justice.

Canteen Menu – Term 1, 2024

Price \$

Salads

Small Salad Wrap	5.50
Large Salad Wrap	7.50
Salad Turkish Bread	7.50
Salad Sandwich	6.50
Custom Salad	7.00

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, semi-sundried tomatoes, tomato, tuna.
Dressing Options: creamy dressing, French, Italian and mayonnaise.

Garden Salad	6.50
Dressing Options : French, Italian	

Toasted Sandwiches

1 filling	4.50
2 fillings	5.00
3 fillings	5.50
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, semi-sundried tomatoes, tomato.
Spreads : BBQ sauce, mayonnaise, sweet chilli sauce, tomato relish,
tomato sauce.

Turkish Bread (1 filling)	5.00
Additional Fillings	1.00 ea
Garlic Bread	2.50
Cheese and Garlic Turkish Bread	3.50



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Hot Options

Fried Rice (GF) : bacon, egg omelette, spring onion, peas, corn, capsicum and soy sauce	6.50
Vegetarian Fried Rice (GF) : egg omelette, spring onion, peas, corn, capsicum and soy sauce rice is steamed, not fried and no oil is used	6.50
Vegetarian Pasta : Napoli sauce, herbs and cheese	6.50
Nachos (GF) : with salsa and cheese	6.50
Extras Toppings : guacamole, sour cream	1.00 ea

Pies (National Pies)

Lunch Pie	5.50
Chicken and Camembert	6.80
Curried Chicken	5.50
Pastie	5.50
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

Muffins : flavours change daily	2.00
Red Rock Chips : sea salt, sweet chilli, honey soy, salt & vinegar	2.50
Veggie Chips : natural, BBQ, sea salt & vinegar	2.50
Fruit Salad made from seasonal fruit	5.50



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Drinks

Water : pop top/small / large	2.50 / 3.00 / 4.50
Juicy Isle Orange Juice : small / large	3.80 / 4.50
Pop Top Juices : orange, apple, apple-blackcurrant	3.50
Ribena Blackcurrant Juice : small / large	2.50 / 5.00
Glee Sparkling Juice : blackcurrant, blueberry, raspberry, tropical, watermelon	2.80
Pure Tassie Organic Juice: cloudy apple, apple & blackcurrant, apple & mango, green juice, pulped orange juice	4.50
Nippy's Milk : small / large	3.80 / 4.50
chocolate, honeycomb	
Milkshakes (GF) made with ice cream	
Available flavours : caramel, chocolate, lime, milo, strawberry, vanilla	6.80

Ice Creams and Icy Poles

Jelly Cups	1.00
Icy Poles : lemonade, raspberry	1.50
Frosty Fruit	2.50
Lifesaver	2.50
Bulla Frozen Yoghurt	3.00
Milo	4.00

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