



**Mount  
Carmel  
College**

Courage.  
Compassion.  
Justice.

## Canteen Menu

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.

### 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.

Toasted Turkish Bread (1 filling)	5.00
Additional Fillings	1.00 ea

### Breads

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
Chicken Mince Burger : served with cheese, carrot, lettuce, tomato and mayonnaise	6.50
Spaghetti Bolognese	5.00

### Pies (National Pies)

Lunch Pie	5.50
Curried Chicken Pie	5.50
Party Sausage Roll	2.50
Party Pie	2.50

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

### Sushi Roll Packs

Only available Fridays. Sushi orders must be placed via the Qkr app by 9am the day prior to supply. Any orders placed after this time will not be fulfilled.

Sushi Pack (1 roll of the same variety cut into 8 pieces)	8.50
Varieties : avocado, Californian, cooked tuna, Japanese omelette, prawn, smoked salmon, teriyaki chicken, vegetarian.	
Combination Sushi Pack : 4pcs cooked tuna + 4pcs teriyaki chicken	8.50
Mixed Seafood Sushi Pack : 4pcs smoked salmon + 4pcs prawn	8.50
Mixed Vegetable Sushi Pack : 4pcs vegetarian + 4pcs Japanese omelette	8.50
Smoked Salmon & Prawn Pack : 2pcs bite size smoked salmon sushi, 2pcs bite size prawn sushi with inari, 1 smoked salmon nigiri, 1 prawn nigiri, pickled ginger & wasabi	8.50



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### Snacks

Muffins : flavours change daily (over the counter only)	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

### Drinks

Water : pop top/small / large	2.50 / 3.00 / 4.50
Juicy Isle Orange Juice : small / large (over the counter only)	3.80 / 4.50
Glee Sparkling Juice (over the counter only)	2.80
Pop Top Juices : orange, apple, apple-blackcurrant	3.50
Ribena Blackcurrant Juice : small / large	2.50 / 5.00
Pure Tassie Organic Juice: cloudy apple, apple & blackcurrant, 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

Icy Poles : lemonade	2.00
Frosty Fruit	2.50
Bulla Frozen Yoghurt	3.00
Milo	4.00
Lifesavers Icy Pole	2.50

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