

SABABA FOOD

CARMEL SCHOOL

CANTEEN

Tel:93754333

TERM 3/2019

Morning Tea

Garlic bread	whole \$2.00 half \$1.00
Pizza	whole \$2.40 half \$1.20
Potato bourekas	\$1.50
Zucchini slice	\$2.50
Hard boiled egg	\$1.00
Pickled cucumber	\$1.00
Anzac biscuit	0.50c
Ginger bread man	\$2.00
Slinky (apple)	\$1.50
Soup of the day	\$2.00
Hot chocolate	\$2.00
Banana smoothie	\$3.00
Mango smoothie	\$3.00
(milk or soy milk)	

GF = Gluten free

Rolls

Choose Roll:

**Plain, Wholemeal,
Multigrain, Wrap or GF
Bread**

Plain roll

Whole \$1.50 Half \$1.00

Buttered roll

Whole \$2.00 Half \$1.00

Vegemite roll

Whole \$2.20 Half \$1.20

Jam or honey roll

Whole \$2.20 Half \$1.20

Salad roll

Whole \$5.00 Half \$3.00

Egg mayo roll

Whole \$5.00 Half \$2.50

Tuna mayo roll

Whole \$5.00 Half \$2.50

Tuna, mayo & pickles

Whole \$6.00 Half \$3.00

Hummus & pickles

Whole \$5.00 Half \$2.50

Omelette and tomato

Whole \$6.00 Half \$3.00

Cheese and tomato

Whole \$6.00 Half \$3.00

Any roll with extra salad

whole \$1.40 half 0.70c

Extra Beetroot 50c

Salad

Salad box

(lettuce, tomato, carrot & cucumber) \$5.00

Greek salad

(lettuce, tomato, cucumber, capsicum, feta and Olives) \$7.00

Extras:

hard boiled egg, egg mayo tuna, tuna mayo, pickled cucumber \$1.00

Yellow cheese \$1.50 Beetroot 50c

DRINKS & EXTRAS

Water \$2.00

Fruit juice Apple \$3.50

Apple&Blackcurrent,

Orange

Nippy's choc milk \$3.00

Juice box \$1.50

Icy pole \$1.00

Choc muffin \$1.50

Vanilla muffin \$1.50

Blueberry muffin \$1.50

Muffin choc GF \$2.00

Ginger bread man \$2.00

Only on Friday's

Kit Kat \$1.00

Lunch

Monday

Poke bowl Rice, carrot, cucumber and lettuce (GF) \$6.00

Mild or plain dressing

Extra Avo \$1.50, Smoked Salmon \$1.50,

Extra Edamame \$1.00, Tuna mayo \$1.00

Tuesday

Pizza Margarita

Large \$7.00 small \$5.00

Wednesday

Pasta Napolitana

Large \$6.00 small \$4.50 GF-\$6.00

Thursday

Sushi 8 pieces:

Tuna \$7.50 veggie \$7.00

4 pieces \$4.00 (Tuna/Veg)

Friday

Macaroni cheese

Large \$6.00 Small \$4.50 GF-\$6.00

Every day available:

Soup of the day \$4.00

Garlic Bread \$2.00

Toasted Sandwich \$2.50

Edamame \$2.50

Hot dog \$3.60

Tomato sauce 0.40c

Vegetarian schnitzel

With Mayo and Lettuce \$6.00