

SHUK HA'CARMEL



AVAILABLE ALL DAY

Oat Crunchie		\$1.50
Mini Apple Crumble		\$3.00
Muffins -		
Banana, Mixed Berries,	- Small	\$1.50
Choc Chip & Vanilla Chip	- Large	\$2.50
Brownie -	Tuesdays only	\$1.50
Gingerbread Man -	Wednesday only	\$1.50
Mini Colourful Cupcake -	Thursday only	\$1.00
Freddo Frog or Kit Kat -	Friday only	\$1.20

DRINKS

Water	\$1.50
Fruit Juice - Nippy's	\$3.50
Fruit Box	\$2.00
Chocolate Milk	\$3.50
Nippy's Frozen Fruit Juice Cup	\$2.00
Icy Poles - Lemonade Fruit	\$1.50
Juice Icy Tubes	\$1.00
Hot Chocolate (Recess only)	\$3.00

RECESS - only

FRUIT

Fruit Salad	\$4.00
Add Muesli	\$1.50
Apple Cup or Apple Slinky	\$2.00

SOUP

Smooth vegetable soup with noodles	\$5.00
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PASTRIES

Boureka	\$2.20
Sausage Roll	\$3.50

Popcorn	\$1.50
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VEGETABLES

Hummus and Vegetable Cups	\$4.00
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CHEESE

Cheese and Mixed Crackers	\$4.00
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Garlic Bread	\$2.50
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Hard Boiled Egg	\$1.20
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LUNCH

Stuffed Baked Potatoes with Cheese	\$6.50
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Tuna Bake	Small	\$5.50
	Large	\$7.50

Macaroni Cheese	Small	\$5.50
	Large	\$7.50

Veggie Burger or Schnitzel - Lettuce & Tomato	\$6.50
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Add Tomato Sauce \$0.50

Add Pickle \$0.50

Add Mayonnaise \$0.50

Veggie Hotdog	\$4.50
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Add Tomato Sauce \$0.50

Add Pickle \$0.50

Pizza	\$6.00
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Add olives \$0.50

Toasted Turkish with:	\$7.00
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Feta Cheese, Tomato, Capsicum and Rocket



LUNCH ROLLS/GLUTEN FREE BREAD



Plain Roll - White, Wholemeal or GF Bread

Half/Whole	\$1.20	\$2.40
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Buttered Roll - White, Wholemeal, GF Bread

Half/Whole	\$1.50	\$2.50
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Vegemite Roll or Jam Roll - White, Wholemeal, GF Bread

Half/Whole	\$1.80	\$2.80
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Salad Roll - White, Wholemeal GF Bread - Lettuce, Tomato, Carrot & Cucumber

Half/Whole	\$3.50	\$5.50
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Add Mayo	\$0.50	
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Add Cheese	\$2.00	
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Tuna or Egg Mayo Roll - White, Wholemeal, GF Bread

Half /Whole	\$3.80	\$6.80
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Cheese & Tomato Roll - White, Wholemeal, GF Bread

Half Whole	\$3.80	\$6.80
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Toasted Cheese	\$4.50	
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Add Tomato	\$0.50	
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Salmon & Cream Cheese Bagel		\$7.00
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with Avo		\$8.00
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LUNCH SALAD

Healthy Salad -Lettuce, Tomato, Carrot, Cucumber & Salad Dressing	\$6.00
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Add Feta	\$2.00
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Add Olives	\$0.50
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Add Egg	\$1.50
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Add Egg Mayo	\$2.00
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Add Tuna Mayo	\$2.00
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POKE BOWL OPTION- CHOOSE HEALTHY SALAD PLUS ANY OF THE ABOVE ADDITIONAL EXTRAS THEN :

Add Brown Rice	\$1.00
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Add Edamame Beans	\$1.00
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We will soon be selling cooked family meals via Flexishool or by contacting canteen@carmel.wa.edu.au - check flexischools for new Specials Stocks will be limited and will be put up on Flexischool as soon as they become available. Each meal will serve 4-6 people - Keep a look out for stocks available.

We can also cater cupcakes for birthdays with at least one weeks notice. Contact the canteen to place your order.

