



SHUK HA' CARMEL CANTEEN

SNACKS

OAT CRUNCHIE	\$2.00
HEALTHY SEED BISCUIT	\$2.00
MINI APPLE CRUMBLE	\$3.50
MUFFIN – SMALL *	\$1.50
MUFFIN LARGE *	\$2.50
* FLAVOURS: BANANA, BERRY, CHOC CHOC CHIP & VANILLA CHOC CHIP	
MONDAY - MINI RAINBOW CUPCAKE	\$1.50
TUESDAYS - BROWNIE	\$2.00
WEDNESDAY – FLYING SAUCER	\$2.00
THURSDAY – MINI RAINBOW CUPCAKE	\$1.50
FRIDAY – VARIETY OF MINI CHOCOLATES	\$1.50

DRINKS

WATER	\$1.50
NIPPY'S FRUIT JUICE BOTTLE	\$3.50
FRUIT JUICE BOXES	\$2.50
CHOCOLATE MILK BOX	\$3.50
HOT CHOCOLATE IN WINTER	\$3.00

FROZEN TREATS

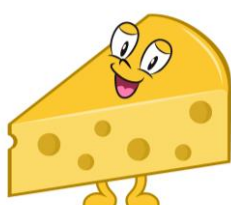
FROZEN FRUIT JUICE CUP	\$2.50
LEMONADE ICY POLE	\$1.50
ICE TUBE	\$1.00
PINK ZOOOPER DOOPER	\$1.00

LUNCH - HOT

TUNA BAKE - SMALL	\$5.80
TUNA BAKE - LARGE	\$7.80
MACARONI CHEESE - SMALL	\$5.80
MACARONI CHEESE - LARGE	\$7.80
STUFFED POTATO WITH CHEESE	\$7.00
VEGGIE BURGER OR SCHNITZEL WITH LETTUCE AND TOMATO	\$6.80
ADD TOMATO SAUCE, PICKLE OR MAYONNAISE	\$0.50 EACH
VEGGIE HOTDOG	\$4.80
ADD TOMATO SAUCE OR PICKLE	\$0.50 EACH
PIZZA	\$6.50
ADD OLIVES	\$0.50

RECESS

FRUIT SALAD	\$4.50
APPLE CUP OR APPLE SLINKY	\$2.00
HUMMUS & VEGETABLE STICKS	\$4.50
VEGETABLE SOUP WITH NOODLES – WINTER ONLY	\$5.00
CHEESE AND MIXED CRACKERS	\$4.50
BOUREKAS	\$2.20
SAUSAGE ROLLS	\$3.50
GARLIC BREAD	\$2.50
HARD BOILED EGG	\$1.20





SHUK HA' CARMEL CANTEEN

SUSHI – WEDNESDAY ONLY

SALAD & POKE BOWLS

BASIC SALAD: LETTUCE, TOMATO, CARROT, CUCUMBER & SALAD DRESSING	\$6.50
<i>ADD: FETA, EGG MAYO OR TUNA MAYO</i>	\$2.00 EACH
<i>ADD: EGG</i>	\$1.20
POKE BOWL: AS PER BASIC SALAD ABOVE	\$6.50
<i>ADD: FETA, EGG MAYO OR TUNA MAYO</i>	\$2.00 EACH
<i>ADD: BROWN RICE, EDAMAME BEANS OR AN EGG</i>	\$1.20 EACH

TUNA – 8 PIECE	\$8.50
VEGETARIAN – 8 PIECE	\$8.50
SALMON – 8 PIECE	\$11.50

LUNCH ROLLS

WHITE OR WHOLEMEAL

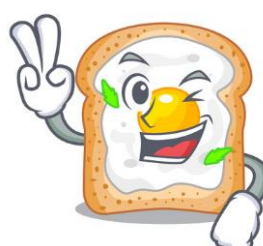
PLAIN ROLL - HALF	\$1.50
PLAIN ROLL - WHOLE	\$3.00
BUTTERED ROLL - HALF	\$1.80
BUTTERED ROLL - WHOLE	\$3.20
VEGEMITE OR JAM ROLL - HALF	\$2.20
VEGEMITE OR JAM ROLL - FULL	\$3.50
TUNA OR EGG MAYO ROLL - HALF	\$4.00
TUNA OR EGG MAYO ROLL - WHOLE	\$7.00
CHEESE & TOMATO ROLL - HALF	\$4.00
CHEESE & TOMATO ROLL - FULL	\$7.00
SALAD ROLL – LETTUCE, TOMATO, CUCUMBER & CARROT - HALF	\$4.00
SALAD ROLL – LETTUCE, TOMATO, CUCUMBER & CARROT - WHOLE	\$6.00
<i>ADD MAYO</i>	\$0.50
<i>ADD CHEESE</i>	\$2.00

BAGELS

SALMON & CREAM CHEESE BAGEL	\$7.50
CHEESE & TOMATO BAGEL	\$7.00
TUNA OR EGG MAYONAISE BAGEL	\$7.00

TOASTED SANDWICH

CHEESE TOASTIE	\$4.80
<i>ADD TOMATO</i>	\$0.50





SHUK HA' CARMEL CANTEEN KOSHER CATERING

CONTACT CANTEEN@CARMEL.WA.EDU.AU TO ORDER

3-5 working days notice required – some stock is readily available

FAMILY MEALS

\$50.00 PER 2KG TRAY - SERVES 5-6 PEOPLE
SINGLE PORTIONS ALSO AVAILABLE

MACARONI CHEESE

FETTUCCHINI ALFREDO

TUNA & PENNE PASTA BAKE

VEGETARIAN LASAGNA

DAHL & RICE



COMMUNITY CATERING

TUNA & ASPARAGUS TART	\$40.00
MOCK CHOPPED HERRING - SMALL	\$25.00
MOCK CHOPPED HERRING - LARGE	\$50.00
MOCK CRAYFISH – 500G	\$35.00
MOCK CRAYFISH – 1 KG	\$60.00
KICHEL – SMALL	\$32.00
KICHEL – LARGE	\$64.00





SHUK HA' CARMEL CANTEEN KOSHER CATERING

CONTACT CANTEEN@CARMEL.WA.EDU.AU TO ORDER
COMMUNITY CATERING – SWEET TREATS

BISCUITS

MIXED VARIETY OF : GINGER, CARAMEL,
SHORTBREAD, CHOCOLATE, GREEK, LEMON,
FARFEL, MEXICAN AND HEALTHY SEED

TRAY/BASKET OF MIXED BISCUITS \$60.00

INDIVIDUAL BISCUIT BOX \$10.00



CAKES & CUPCAKES

CAKE – VANILLA OR CHOCOLATE \$39-\$55

CUPCAKES – PLAIN ICING, \$1.75-
RAINBOW ICING OR TWO-TONE \$2.50
ICING

HONEY CUPCAKES WITH OR \$2.50-
WITHOUT CREAMCHEESE ICING \$3.50

MUFFINS AND MORE – *MIN 12*

MIXED VARIETY OF : VANILLA CHOC
CHIP, CHOCOLATE CHOC CHIP,
BERRY, BANANA

SMALL AND LARGE \$1.50-
\$2.50

BULKAS \$3.00

SCONES \$1.75



DESSERTS

PEPPERMINT CRISP \$35.00
PUDDING

APPLE CRUMBLE \$35.00

PAVLOVA (FROM) \$60.00