



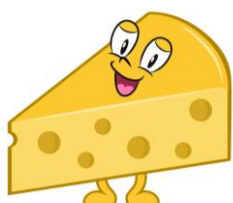
## SHUK HA' CARMEL CANTEEN

### SNACKS

OAT CRUNCHIE	\$2.50
HEALTHY SEED BISCUIT	\$2.50
MINI APPLE CRUMBLE	\$4.50
MUFFIN – SMALL *	\$2.00
MUFFIN LARGE *	\$3.00
* FLAVOURS: BANANA & BERRY SMALL ONLY - CHOC CHOC CHIP & VANILLA CHOC CHIP- SMALL & LARGE	
MONDAY - MINI RAINBOW CUPCAKE	\$2.00
TUESDAYS – BROWNIE	\$2.00
WEDNESDAY – FLYING SAUCER	\$3.00
THURSDAY – MINI RAINBOW CUPCAKE	\$2.00
FRIDAY – VARIETY OF MINI CHOCOLATES	\$1.50

### RECESS

POPCORN	\$1.50
APPLE CUP OR APPLE SLINKY	\$2.00
HUMMUS & VEGETABLE STICKS	\$5.00
VEGETABLE SOUP WITH NOODLES – WINTER ONLY	\$5.00
CHEESE AND MIXED CRACKERS	\$5.00
FRUIT SALAD	\$5.00
SAUSAGE ROLLS	\$4.00
GARLIC BREAD	\$2.50
HARD BOILED EGG	\$1.50



### DRINKS

WATER	\$2.00
NIPPY'S FRUIT JUICE BOTTLE	\$3.50
FRUIT JUICE BOXES	\$2.50
CHOCOLATE MILK/COFFEE BOX	\$3.50
HOT CHOCOLATE IN WINTER	\$3.50

### FROZEN TREATS

FROZEN FRUIT JUICE CUP	\$2.50
LEMONADE ICY POLE	\$2.00
ICE TUBE	\$1.50
PINK ZOOPER DOOPER	\$1.50

### LUNCH - HOT

TUNA BAKE - SMALL	\$6.00
TUNA BAKE - LARGE	\$8.00
MACARONI CHEESE - SMALL	\$6.00
MACARONI CHEESE - LARGE	\$8.00
STUFFED POTATO WITH CHEESE	\$7.50
VEGGIE BURGER OR SCHNITZEL WITH LETTUCE AND TOMATO	\$7.00
ADD TOMATO SAUCE, PICKLE OR MAYONNAISE	\$0.50 EACH
VEGGIE HOTDOG	\$5.00
ADD TOMATO SAUCE OR PICKLE	\$0.50 EACH
PIZZA	\$7.00
ADD OLIVES	\$0.50



**Carmel School**  
FAITH & KNOWLEDGE

## SHUK HA' CARMEL CANTEEN

### SUSHI – WEDNESDAY ONLY

### SALAD & POKE BOWLS

<b>BASIC SALAD: LETTUCE, TOMATO, CARROT, CUCUMBER &amp; SALAD DRESSING</b>	<b>\$7.00</b>
<i>ADD: FETA, EGG MAYO OR TUNA MAYO</i>	<b>\$2.00 EACH</b>
<i>ADD: EGG</i>	<b>\$1.50</b>
<b>POKE BOWL: AS PER BASIC SALAD ABOVE</b>	<b>\$7.00</b>
<i>ADD: FETA, EGG MAYO OR TUNA MAYO</i>	<b>\$2.00 EACH</b>
<i>ADD: BROWN RICE, EDAMAME BEANS OR AN EGG</i>	<b>\$1.50 EACH</b>

<b>TUNA – 8 PIECE</b>	<b>\$9.00</b>
<b>VEGETARIAN – 8 PIECE</b>	<b>\$9.00</b>
<b>SALMON – 8 PIECE</b>	<b>\$12.00</b>

### LUNCH ROLLS

WHITE OR WHOLEMEAL

<b>PLAIN ROLL - HALF</b>	<b>\$1.50</b>
<b>PLAIN ROLL - WHOLE</b>	<b>\$3.00</b>
<b>BUTTERED ROLL - HALF</b>	<b>\$2.00</b>
<b>BUTTERED ROLL - WHOLE</b>	<b>\$3.50</b>
<b>VEGEMITE OR JAM ROLL - HALF</b>	<b>\$2.50</b>
<b>VEGEMITE OR JAM ROLL - FULL</b>	<b>\$4.00</b>
<b>TUNA OR EGG MAYO ROLL - HALF</b>	<b>\$4.50</b>
<b>TUNA OR EGG MAYO ROLL - WHOLE</b>	<b>\$8.00</b>
<b>CHEESE &amp; TOMATO ROLL - HALF</b>	<b>\$4.50</b>
<b>CHEESE &amp; TOMATO ROLL - FULL</b>	<b>\$8.00</b>
<b>SALAD ROLL – LETTUCE, TOMATO, CUCUMBER &amp; CARROT - HALF</b>	<b>\$4.00</b>
<b>SALAD ROLL – LETTUCE, TOMATO, CUCUMBER &amp; CARROT - WHOLE</b>	<b>\$7.00</b>
<i>ADD MAYO</i>	<b>\$0.50</b>
<i>ADD CHEESE</i>	<b>\$2.00</b>

### BAGELS

<b>SALMON &amp; CREAM CHEESE BAGEL</b>	<b>\$8.00</b>
<b>CHEESE &amp; TOMATO BAGEL</b>	<b>\$7.50</b>
<b>TUNA OR EGG MAYONNAISE BAGEL</b>	<b>\$7.50</b>

### TOASTED SANDWICH

<b>CHEESE TOASTIE</b>	<b>\$5.00</b>
<i>ADD TOMATO</i>	<b>\$0.50</b>

