



## SHUK HA' CARMEL CANTEEN

### SNACKS

OAT CRUNCHIE	\$2.50
HEALTHY SEED BISCUIT	\$2.50
MINI APPLE CRUMBLE	\$4.50
MUFFIN – SMALL	\$2.50
MUFFIN LARGE	\$3.50
See available flavours	
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

### DRINKS

WATER	\$2.00
FRUIT JUICE BOTTLES	\$3.50
FRUIT JUICE BOXES	\$2.50
CHOCOLATE MILK/COFFEE BOX	\$3.50
HOT CHOCOLATE IN WINTER ONLY	\$3.50

### FROZEN TREATS

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

### RECESS - ONLY

POPCORN	\$1.50
APPLE CUP / APPLE SLINKY	\$2.00
HUMMUS & VEG STICKS	\$5.00
VEGETABLE SOUP WITH NOODLES – IN WINTER	\$5.00
CHEESE & CRACKERS	\$5.00
FRUIT SALAD	\$5.00
SAUSAGE ROLLS	\$4.00
NUGGETS	\$4.00
BOUREKAS	\$3-3.50
GARLIC BREAD	\$2.50
HARD BOILED EGG	\$1.50
CHEESIE SNACK - ½ OPEN ROLL, MELTED CHEESE & TOMATO PIZZA SAUCE	\$2.00

### LUNCH - HOT

TUNA BAKE - SMALL	\$6.50
TUNA BAKE - LARGE	\$8.50
MACARONI CHEESE - SMALL	\$6.50
MACARONI CHEESE - LARGE	\$8.50
FETTUCINE ALFREDO SMALL	\$7.00
FETTUCINE ALFREDO LARGE	\$9.00
DAHL & RICE - SMALL	\$7.00
DAHL & RICE - LARGE	\$9.00
STUFFED POTATO & CHEESE	\$7.50
VEGGIE BURGER OR SCHNITZEL, LETTUCE & TOMATO	\$7.00
VEGGIE HOTDOG	\$5.00
PIZZA	\$7.50
ADD OLIVES	\$0.50

**ALL EXTRAS RECESS OR LUNCH**



**ADD TOMATO SAUCE,  
PICKLE OR MAYONNAISE**

**\$0.50  
EACH**



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### SALAD & POKE BOWLS

<b>BASIC SALAD: LETTUCE, TOMATO, CARROT, CUCUMBER &amp; SALAD DRESSING</b>	<b>\$7.50</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>\$7.50</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>

### BAGELS

<b>SALMON &amp; CREAM CHEESE BAGEL</b>	<b>\$8.50</b>
<b>CHEESE &amp; TOMATO BAGEL</b>	<b>\$8.00</b>
<b>TUNA OR EGG MAYONAISE BAGEL</b>	<b>\$8.00</b>

### TOASTED SANDWICH

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

### SUSHI - WEDNESDAY ONLY

<b>TUNA - 8 PIECE</b>	<b>\$9.50</b>
<b>VEGETARIAN - 8 PIECE</b>	<b>\$9.50</b>
<b>SALMON - 8 PIECE</b>	<b>\$12.50</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>\$4.00</b>
<b>VEGEMITE OR JAM ROLL - HALF</b>	<b>\$2.50</b>
<b>VEGEMITE OR JAM ROLL - FULL</b>	<b>\$4.50</b>
<b>TUNA OR EGG MAYO ROLL - HALF</b>	<b>\$4.50</b>
<b>TUNA OR EGG MAYO ROLL - WHOLE</b>	<b>\$8.50</b>
<b>CHEESE &amp; TOMATO ROLL - HALF</b>	<b>\$4.50</b>
<b>CHEESE &amp; TOMATO ROLL - FULL</b>	<b>\$8.50</b>
<b>SALAD ROLL - LETTUCE, TOMATO, CUCUMBER &amp; CARROT - HALF</b>	<b>\$4.50</b>
<b>SALAD ROLL - LETTUCE, TOMATO, CUCUMBER &amp; CARROT - WHOLE</b>	<b>\$8.00</b>
<i>ADD MAYO</i>	<b>\$0.50</b>
<i>ADD CHEESE</i>	<b>\$2.00</b>

