

# “Mel’s Canteen” at Gowrie Primary School



WINTER MENU TERM 3 - 2020/ OPEN WED/THUR/ FRIDAY



There are **3** options to order.

1. By dropping paper bag with order and cash into the box on the canteen bench before 9:30am
2. By **FLEXISCHOOLS** using the app, or online programs by 9.15am
3. By direct deposit to account **BSB:062-692 ACC:3135-7033** (stating reference as your Students name and class) AND **texting** your Students order and receipt of payment to To your manager on 0481226960 OR EMAILING your order to [contactus@melscanteen.com](mailto:contactus@melscanteen.com) by 9:15am (you may also call directly and leave a message if needed)

OR IF ANY QUESTIONS please contact MEL – Mel’s Canteen At Gowrie Primary School  
MOBILE: 0481226960 EMAIL: [contactus@melscanteen.com](mailto:contactus@melscanteen.com) GOWRIE PRIMARY SCHOOL: 61421960

## **MEAL DEALS \$7.50 WITH A DRINK OF YOUR CHOICE**

**(ORDERED WITHOUT A DRINK / ALL FOOD ITEMS BELOW ARE \$6.00)**

**MEAL DEAL 1 - MAKE YOUR OWN PIZZA** (G/F option available on request) Pizza on a tomato base topped with mozzarella cheese. Toppings to choose from - BBQ chicken, cherry tomato, red capsicum, Meat lovers, mince, mushrooms, pineapple. **Made to order.**

**MEAL DEAL 2 - SPAGHETTI BOLOGNESE WITH LITE CHEESE** (E/F) - (G/F option available on request) Bolognese Sauce - tin tomatoes/onion/garlic/mixed herbs/lean mince/tomato paste/ G/F Tamarind soy sauce/kidney beans/hi fibre pasta. **Cooked in canteen.**

**MEAL DEAL 3 - MAKE YOUR OWN SANDWICH!** (G/F option available on request)  
**(2 SANDWICHES)** Cheese, Vegemite, strawberry jam, egg and mayo, lettuce, tomato, cucumber, tuna, chicken breast, grated carrot, beetroot, margarine, toasted option. **Made to order.**

**MEAL DEAL 4 - CHICKEN SCHNITZEL BURGER /OR/ WRAP** (G/F E/F available on request)  
Homemade oven baked chicken schnitzel with lite mayo and lettuce. **Homemade.**

**MEAL DEAL 5 - MAKE YOUR OWN TACO!!** (E/F) (D/F option) (G/F available on request)  
**2 TACOS WITH YOUR CHOICE OF FILLING!!** Beef mince, chicken mince, lite cheese, diced cucumber, diced tomato, lettuce, tomato salsa, avocado. **Made to order.**

**MEAL DEAL 6 - CHEESEBURGER WITH LETTUCE** (Tomato sauce on request) (E/F) G/F option available on request) Beef pattie - garlic, with lite cheese/ iceberg lettuce. **Homemade.**

**(A) MEAL DEAL 7- HOME MADE JUMBO SAUSAGE ROLL** (Tomato sauce on request) (G/F available on request) Beef mince, onion, carrot, garlic, parsley, tomato sauce, puff pastry. **Homemade.**

**MEAL DEAL 8 - MAC AND CHEESE** (G/F, D/F available on request) Macaroni and cheese sauce (macaroni, lite milk, lite cheese, cornflour, salt reduced chicken stock, Nutlex spread) **Cooked in canteen.**

**MEAL DEAL 9 – PUMPKIN SOUP AND CRUSTY BREAD** - (G/F D/F E/F) Homemade tasty pumpkin soup with melted cheese and crusty hot bread. (G/F D/F E/F- **Gluten free bread avail on request**)

**( A ) MEAL DEAL 10 – TWO muffin sized HOMEMADE PIES**- E/F (G/F D/F available on request)  
Your choice of 2 pies!! Beef/ chicken and cheese/vegetable potato pie. **Homemade!!**

## SNACK FOODS

(A) 20c 2 PAPPADUMS

😊 \$1.00 CUSTARD CUP

(A) \$1.50 JELLY/CUSTARD CUP

😊 80c HAPPY FACE BOILED EGG

😊 \$1.00 PIKELETS (WITH JAM IF SPECIFIED)

(A) \$1.50 PRETZELS REDUCED SALT

(A) \$2.00 POTATO STIX (Chicken/Plain)

😊 10c EACH- CHEESE STICKS

😊 \$1.50 FRUIT SALAD (add yoghurt 20c)

😊 \$1.50 VEGE STICKS (cucumber/capsicum/carrot)

😊 \$1.00 FRESH FRUIT as avail (apple, banana, kiwi fruit, orange, mandarin)

## FROZEN FOODS

😊 50c YOGHURT POPS (pineapple or chocolate)

😊 40c FROZEN FRUIT POPS (yellow or pink)

😊 20c FRUZIE CUBE (frozen yoghurt strawberry/vanilla)

😊 \$2.50 "TWISTED" creamy frozen Greek yoghurt swirl  
(Mango and w-melon/Blueberry and cookie dough)

(A) \$1.00 whole/ 50c half 99% JUICE QUELCH ICY POLE

😊 \$1.00 AIR POPPED POPCORN

😊 80c FRUIT KEBAB

😊 \$1.00 APPLE SLINKY

## HOT FOOD ITEMS

**(SOME HOT FOOD ITEMS FROM MAIN MENU WILL BE AVAILABLE AT THE COUNTER)**

(A) \$1.00 each CHICKEN GOUJONS

😊 \$1.50 HASH BROWNS

😊 \$1.00 HOT CORN COB!!

😊 \$1.50 HOT CHOCOLATE

(A) \$1.00 MINI SAUSAGE ROLLS **HOMEMADE**

(A) \$1.00 GARLIC BREAD

😊 \$1.00 CHICKEN NOODLE SOUP

## DRINKS

😊 \$2.20 FLAVORED MILK (Strawberry/Chocolate/Caramel) 250ML (D/F avail on request)

😊 \$1.65 PLAIN MILK 125ML

(A) \$2.20 SUNRAYSIA ORGANIC 100% Juice 200ML (Apple, Tropical)

😊 \$2.00 WATER BOTTLE 600ML

😊 \$1.65 WATER BOTTLE 350ML

(A) \$2.50 GLEE Fizzy Juice 99% (Tropical Treat/ Blackcurrant)

As per the National Healthy School Canteen guidelines see the below key for healthy choices! All eggs used are free range!

😊 **GREEN** (A) **AMBER** (G/F) **Gluten Free** (E/F) **Egg free** (D/F) **Dairy Free**



We Proudly Support Lucky Stars Animal Sanctuary. Any food donations please drop to the canteen. To Volunteer and assist the farm call 0414719985 or

Email: [luckystarssanctuary@gmail.com](mailto:luckystarssanctuary@gmail.com)

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**ANY QUESTIONS or special dietary requirements, please contact Melinda Donnell -**  
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