

MELTON WEST PRIMARY SCHOOL CANTEEN

Term 3 Student Menu • Healthy · Happy · Home-Style • Pre-order on Flexischools before 9:00am

PRE-ORDER = needs advance notice **ON REQUEST** = ask staff at the counter **SEASONAL** = while in season **COMPLIMENTARY** = no charge **V** = Vegetarian **VG** = Vegan **GF** = Gluten-Free

DET Traffic Light: **Green** — Everyday **Orange** — Select Carefully **Red** — Occasionally (max 2x/term) **Mixed** — combo of categories

BUNDLE DEALS & GROUP PLATTERS

School Day Lunch Box	\$12.00
Premium Sandwich (Build Your Own) + Juice box + Premium Chips + Assorted Cookie	
Premium Good Food Hero Meal Deal	\$14.00
Any Premium Good Food Hero Meal 220g + Large Slushie or Mango Lassi + Assorted Cookie	
Hot Lunch Deal	\$12.00
Meat Pie or Nuggets or Hot dog + Wedges + Water + Assorted Cookie	
Burger Combo Deal	\$14.00
Cheese or Chicken or Veggie Burger + Wedges + Juice box + Assorted Cookie	
Friday Feast	\$16.50
Any Burger + Wedges + Large Slushie or Mango Lassi+ Assorted Cookie	
Excursion Bag	\$13.00
Premium Sandwich (Build Your Own) + Premium Chips + Assorted Cookie + Juice Box — Pre order 2 days ahead	
PRE ORDER REQUIRED	
Daily Deal	\$12.00
Any Focaccia / Sandwich + Soup + Assorted Cookie	
Melton West Classroom Birthday Special	\$65.00
24 freshly baked choc chunk cookie + 24 refreshing Zooper Dooper or 99% frozen fruit bar (Quelch) — Pre order 2 days ahead by 2pm	
PRE ORDER REQUIRED	
Excellence Award - Free Burger Combo Deal	FREE
Monthly prize for top students — sponsored by Melton West Primary School Canteen	
COMPLIMENTARY	

BURGERS

Chicken Burger	\$7.00
Chicken Pattie, Lettuce & Mayo <i>Contains: Gluten, Wheat, Soy. May Contain: Egg, Milk, Sesame</i>	
Sweet Chilli Chicken Burger	\$7.00
Chicken Pattie, Mayo, sweet chilli sauce and lettuce <i>Contains: Gluten, Wheat, Soy. May Contain: Egg, Milk, Sesame</i>	
Cheeseburger	\$7.00
Beef, Mayo & Sauce <i>Contains: Egg and Egg Products, Cereal containing Gluten, Wheat, Milk and Milk Products, Sesame, Soy</i>	
Veggie Burger	\$7.00
Veg Pattie, Lettuce & Mayo <i>Contains: Gluten, Wheat, Sulphites, Sesame</i>	
Add Cheese (Add-on)	\$1.00
+ to any burger	

SANDWICHES & WRAPS

<i>BUILD YOUR OWN SANDWICH - BREAD: WHITE • WHOLEMEAL • MULTIGRAIN • GF PROTEIN: ROAST CHICKEN • HAM • TUNA • EGG & MAYO SALAD: LETTUCE • TOMATO • CUCUMBER • CHEESE • CARROT</i>	
Premium Cheese Sandwich	\$5.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Ham & Cheese Sandwich	\$6.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Vegemite and Cheese Sandwich	\$5.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Chicken & Salad Sandwich	\$7.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Egg & Lettuce Sandwich	\$6.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Vegetarian Sandwich	\$6.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Sweet Chilli Chicken Sandwich	\$7.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Premium Sandwich (Build Your Own)	\$7.00
GF Bread available on request <i>Contains; Gluten, Wheat, Soy May contain: Egg, Lipin, Milk, Sesame</i>	
Add Toasting (Add-on)	\$0.50
+ to any sandwich	
ON REQUEST	
Wrap (Upgrade Add-on)	\$1.00
+ to any sandwich	
ON REQUEST	

SALADS

Garden Salad Box	\$8.00
Caesar Salad Box	\$8.00
Protein Salad Box (Includes Grilled Chicken or Boiled Egg)	\$9.00

PREMIUM GOOD FOOD HERO MEALS 220g - \$9 each

Butter Chicken with White Rice	\$9.00
Succulent chicken thighs cooked with a flavoursome butter chicken curry, adding tomato and yoghurt, served with rice. <i>Contains Dairy, Soy</i>	
Fried Rice with Chicken	\$9.00
A tasty version of Thai Fried rice. We use rice, lean chicken and plenty of vegetables. This meal is a healthy treat for your taste buds. <i>Contains Soy, Wheat, Gluten</i>	
Honey Soy Miso Chicken Noodles	\$9.00
A flavourful dish with chicken, vibrant vegetables, and moreish hokkien noodles, all tossed in a honey soy miso sauce <i>Contains Soy, Wheat, Gluten</i>	
Beef Bolognese Pasta Bake	\$9.00
A tasty combination of rich beef bolognese and pasta finished with a generous serve of delicious creamy cheese sauce. <i>Contains Dairy, Wheat, Gluten</i>	
Beef Korma with White Rice	\$9.00
A creamy and aromatic Indian curry full of flavour and spice. Lean beef is simmered with potatoes and lentils and served with rice.	
Beef Nachos with Corn Chip	\$9.00
A tasty dish of Mexican spiced ground beef and cheesy bechamel, topped with grated cheese, served with a side of crispy corn chips. <i>Contains Dairy</i>	
Macaroni & Cheese	\$9.00
The classic combination of pasta paired with our cheesy white sauce and a crispy bread crust never disappoints <i>Contains Gluten, Wheat, Dairy and suitable for Veg</i>	
Vegetarian Paneer & Chickpea Curry with Rice	\$9.00
A mild and creamy vegetarian curry made with soft paneer and hearty chickpeas, gently simmered with tomato, coconut cream and warming spices, served on fluffy rice. <i>Contains Dairy and suitable for Veg</i>	

NOODLE BAR — NEW

Noodle Cups — Chicken, Beef or Veg	\$5.00
Chicken and Beef Noodle cups <i>Contains: Gluten, Wheat and Soy. May Contain: Egg, Milk, Sesame, Crustacean, and Fish</i>	

HOT MAINS & SOUP

Mac & Cheese — In House	\$6.00
<i>Contains: Wheat, Gluten, Milk. May Contain: Egg, Soy</i>	
Spaghetti Bolognese (Beef) - In House	\$7.00
Gluten free option available on request	
Spaghetti Napoli (Vegetarian) - In House	\$6.00
GF Pasta (Add-on) - In House	\$1.00
Available on request	
ON REQUEST	
Beef Lasagna 250g — Home-Style	\$8.00
<i>Contains: Gluten, Wheat, Milk, Soy. May Contain: Sulphites, Cashew, Egg, Fish, Peanut, Sesame</i>	
Hard-Boiled Egg (Add-on)	\$1.00
Soup — Daily Rotating	\$5.00
Mon-Fri rotating flavours. Gluten Free option available on request.	

MELTON WEST PRIMARY SCHOOL CANTEEN

Term 3 Student Menu • Healthy · Happy · Home-Style • Pre-order on Flexischools before 9:00am

SIDE 2 OF 2
HOT FOOD, SNACKS & DRINKS

PRE-ORDER = needs advance notice **ON REQUEST** = ask staff at the counter **SEASONAL** = while in season **COMPLIMENTARY** = no charge **V** = Vegetarian **VG** = Vegan **GF** = Gluten-Free

DET Traffic Light: **Green** — Everyday **Orange** — Select Carefully **Red** — Occasionally (max 2x/term) **Mixed** — combo of categories

HOT FOOD		
Meat Pie — Home-Style		\$6.00
<i>Contains: Gluten, Wheat, Milk, Soy. May Contain: Sulphites, Cashew, Egg</i>		
Hot Dog		\$5.00
Halal option available on request <i>Gluten Free. Bun may contain: Sesame</i>		
Chicken Nuggets (5pc)		\$5.00
Gluten free option available on request <i>Contains: Gluten, Wheat, Soy; May contain Sulphites, Egg, Milk</i>		
Premium Tempura Chicken Nuggets (5pcs)		\$6.00
Gluten free option available on request <i>Contains Gluten, Wheat, Soy, May Contain: Sulphites</i>		
Hash Browns (2pc)		\$2.00
<i>May contain: Gluten, Wheat or Sulphites</i>		
Potato Wedges (Serve)		\$4.00
<i>May contain: Gluten, Wheat</i>		
Potato Cake (1pc)		\$1.50
Mini Pizza		\$5.00
Margherita / Hawaiian / Meat Lovers		
Dim Sims (3pc)		\$4.00
<i>Contains: Gluten, Wheat, MSG</i>		
Party Pies (2pc)		\$3.00
<i>Contains: Glute, Wheat, Soy. May Contain: Egg, Milk</i>		
Sausage Rolls (2pc)		\$3.00
<i>Contains: Glute, Wheat, Soy. May Contain: Egg, Milk, Sesame</i>		
Punjabi Samosa (1pc)		\$4.00
Halal Food and Vegan Friendly <i>Contains: Wheat (Gluten), Peanuts, Cashews and Sesame. May Contain: Traces of tree nuts, Dairy and Soy</i>		
Corn Cob (1pc)		\$1.50
Cheese Croissant (Toasted)		\$6.00
<i>Contains; Gluten, Wheat, Milk. May Contain: Almond, Hazelnut, Pecan, Sesame</i>		
Ham & Cheese Croissant (Toasted)		\$7.00
<i>Contains; Gluten, Wheat, Milk. May Contain: Almond, Hazelnut, Pecan, Sesame</i>		
Nachos with Salsa & Cheese		\$6.00
<i>May Contain: Milk and Milk Products</i>		
Gourmet Focaccia - Chicken		\$8.00
Chicken, Spinach, Cheese & Mayo <i>Chicken May Contain: Artificial colours/flavours, Egg and Egg products, Soy</i>		
Gourmet Focaccia - Veggie / Ham		\$7.00
Veg & Cheese or Ham & Cheese <i>Ham May Contain: Milk, Soy</i>		

FROZEN TREATS *		
Ice Poles — Assorted Varieties *		\$1.00
Zooper Dooper or 99% Fruit Juice Frozen Bar (Quelch)		
Jelly Cups		\$1.50
Halal suitable and Gluten free. Assorted flavours e.g. Orange, Raspberry, Strawberry & Pineapple <i>Contains: Artificial Colours and Flavours, Sulphites, Sulphur Dioxide</i>		
Frozen Premium Fruit cup		\$3.00
Mango Chunks or Mixed Berries e.g. Raspberry, Blueberry and Blackcurrant		
Twisted Frozen Yoghurt *		\$2.00
Premium Ice Cream — Assorted *		\$3.00
BEVERAGES		
Bottled Water (600 ml) — Premium Sourced		\$2.00
Juice Box 250 ml — Assorted Varieties		\$3.00
100% Apple Juice 200 ml		\$3.00
Flavoured Milk (Assorted) 200 ml		\$3.00
Chocolate, Strawberry		
H2Coco 100% Natural Watermelon Juice Drink (330 ml)		\$4.00
Premium Juice Drink		
Probiotic Drinks		\$2.00
SLUSHIES & SHAKES *		
99% Fruit Juice Slushie — Assorted *		\$4.50
Large Cup		
99% Fruit Juice Slushie — Assorted *		\$4.00
Small cup		
Premium Mango Lassi		\$4.50

SNACKS & EXTRAS		
Choc-Chunk Cookie (each)		\$2.00
<i>Contains: Cereal containing Gluten, Milk & Milk products, Soybean, Soybean products, Sulphur Dioxide, Sulphites, Egg, Egg products, Tree Nuts, Tree Nut Products</i>		
Anzac Biscuit (each)		\$2.00
H&H Bakery Cup Cake — Assorted		\$4.00
Baked fresh in house <i>Contains: Artificial Flavours, Egg, Cereal containing Gluten, Wheat, Milk, Milk products</i>		
Premium Banana Bread (Diagonal Slice)		\$2.00
Suitable to Vegetarians <i>Contains: Wheat, Gluten, Egg, Soy. May Contain: Sulphites, Almond, Macadamia, Pecan, Pistachio, Walnut, Milk, Sesame</i>		
Premium Chips (Individual Serve)		\$2.00
Harvest Snaps		\$2.00
Edamame Snack		
Yoghurt & Berries		\$3.00
Watermelon Cup (Seasonal)		\$4.00
SEASONAL		
Avocado Spread		\$1.50
Jalapenos		\$2.00
Suggested addition to your Nachos order		
Sour Cream		\$1.50
Suggested addition to your Nachos or Potato Wedges order		
Sauce Sachet		\$0.50
Tomato / Soy / BBQ		
Packaging for Walk-up orders		\$0.30
Add this to your walk in recess or lunch orders only		