

# MELROSE HIGH SCHOOL CANTEEN

## MENU

### TERM 2 2024

#### MONDAY RECESS

Ham and Cheese Mega Toastie \$4.50  
Sweet Chilli Chicken Wrap \$4.50  
Egg Cheese and Hash Brown Roll \$6.00 (V)

#### MONDAY LUNCH

Feel Good Pasta Soup \$8.00  
Homemade Italian style soup with chickpeas and pasta, Loaded with flavour  
Wedges and Popcorn Chicken Pots \$6.50  
Homemade Nachos \$6.00 (V)  
Pizza – BBQ Chicken \$4.50

#### THURSDAY RECESS

Spinach and Feta Scroll \$4.50  
Spinach, feta, parmesan in pizza dough  
Cheesy Pizza Sticks \$6.00  
Pizza dough loaded with pepperoni and cheese or black olives (V)  
Egg Cheese and Hash Brown Roll \$6.00 (V)

#### THURSDAY LUNCH

Chicken Noodle Dumpling Soup \$8.00  
Freshly made Chicken soup served with noodles, homemade chicken dumplings, choy sum and boiled egg  
Loaded Pizza Fries \$7.00  
Fresh fries loaded with pepperoni, cheese, pizza sauce, olives and capsicum.  
Homemade Nachos \$6.00 (V)  
Pizza – Ham and Pineapple \$4.50 (V)

#### TUESDAY RECESS

Spinach & Feta Scroll \$4.50  
Spinach, feta, parmesan in pizza dough  
Chipotle turkey club \$5.00  
Jelly donut French toast \$5.00 (V)

#### TUESDAY LUNCH

Mega Hawaiian BBQ Chicken Wrap \$7.00  
Toasted wrap filled with chicken tenders, homemade BBQ sauce, pineapple, onion, lettuce & cheese  
Homemade Butter Chicken \$8.00  
Homemade Nachos \$6.00 (V)  
Pizza – Jalapeno, cheese & garlic \$4.50

#### FRIDAY RECESS

Spinach and Feta Scroll \$4.50  
Spinach, feta, parmesan in pizza dough  
Jelly donut French toast \$5.00 (V)  
Ham Egg Cheese and Hash Brown Roll \$6.00 (V)

#### FRIDAY LUNCH

American BBQ chicken sandwich \$7.00  
Freshly grilled chicken breast covered in homemade BBQ sauce on a burger with tomato, cheese and lettuce  
Wedges and Popcorn Chicken Pots \$6.50  
Homemade Bolognese \$7.00  
Homemade slow cooked beef Bolognese sauce served with penne pasta  
Pizza – the lot \$4.50

#### WEDNESDAY RECESS

Nasi Goreng Jaffles \$5.00  
Sweet Chilli Chicken Wrap \$4.50  
Egg Cheese and Hash Brown Roll \$6.00 (V)

#### WEDNESDAY LUNCH

Spicy Indian style Mince & Rice \$8.00  
Freshly cooked beef mince loaded with Indian spices served with Basmati rice & Pappadums  
Wedges and Popcorn Chicken Pots \$6.50  
Homemade Nachos \$6.00 (V)  
Pizza – Margherita \$4.50

#### DRINKS

600ML OAK MILKS \$4.80  
300ML OAK MILKS \$3.50  
600ML WATER \$2.00  
250ML HARVEY FRESH JUICE \$2.50  
250ML OAK MILK \$3.00  
600ML PLAIN MILK \$3.50  
300ML PLAIN MILK \$2.50  
GLEE DRINKS \$3.00  
500ML OAK THICKSHAKE \$4.80  
500ML OAK PROTEIN SHAKE \$4.80

#### FROM THE GREEN FRIDGE

CHEESE AND VEGEMITE SCROLL \$3.00  
6 CHICKEN FINGERS \$4.80  
CHEESY GARLIC BREAD \$2.50  
HAM CHEESE POCKET \$2.00  
GARLIC BREAD \$1.00  
HOMEMADE BERRY MUFFINS \$3.00  
SPRING ROLLS, SPINACH FETA TRIANGLES \$1.30

Rolls and Wraps  
Assorted toppings \$6.00  
Fresh Fruit Salad \$5.00  
Watermelon Tubs \$3.00  
Watermelon Slices \$0.50

Lunch orders are available from [flexischools.com.au](https://flexischools.com.au) by 9:30am

Text **0478 780 362** before 11:30am

Email [melroselunchorders@gmail.com](mailto:melroselunchorders@gmail.com) before 11:30am