



Mt St Patrick College Canteen Price List 2021

Mt St Patrick College is fortunate to have a very modern and nutritional Canteen operating for the benefit of staff and students. The Canteen has implemented a 'healthy canteen strategy' which is reflective of the national dietary guidelines for children and adolescents. As a result, the menu has been expanded to include an extensive range of fresh healthy foods that suit the varying tastes of students. Such a program is labour intensive and requires volunteer help to achieve the service desired. The Canteen has always provided quality food at very reasonable prices. Demand for products is high and, for an efficient service to continue, your assistance is required as a volunteer worker if at all possible. **If you are able to assist with volunteer work in the Canteen, even if just from 9.00-11.00am, please complete the form on the following page and email to carmel.wilcox@lism.catholic.edu.au who is the College Canteen Manager.**

Please place your order before 9am on day of pick up at

<https://www.flexischools.com.au/>

SUSHI

Chicken & Avo.....	\$3.50
Chicken Teriyaki.....	\$3.50
Tuna & Cucumber.....	\$3.50
Vegetable Tempura.....	\$3.50
Vegetarian.....	\$3.50

Rice Paper Rolls.....	\$3.50
- Chicken	
- Vegetable	

ROLLS

Salad.....	\$4.20
Chicken & Salad.....	\$5.20
Ham & Salad.....	\$5.20
Salmon & Salad.....	\$5.20
Egg & Lettuce.....	\$4.20
Ham.....	\$3.50
Vegemite.....	\$1.80
Buttered Roll.....	\$1.30

EXTRA FILLINGS

Avocado.....	\$1.00
Hommus.....	\$1.00
Garlic Aioli	\$1.00
Cheese	\$1.00

SANDWICHES (White or W/Meal) (Half Sandwiches at half price)

Salad.....	\$4.00
Chicken & Salad.....	\$5.00
Ham & Salad.....	\$5.00
Salmon & Salad.....	\$5.00
Ham.....	\$3.30
Egg & Lettuce.....	\$4.00

Curried Egg & Lettuce.....	\$4.00
Egg Dill Mayo & Shallots...	\$4.00
Vegemite.....	\$1.80

Extra Fillings

Avocado.....	\$1.00
Hommus.....	\$1.00
Garlic Aioli	\$1.00
Cheese	\$1.00

HOT FOOD

Mini Pies	\$1.20
Large Pies	\$4.00
Sausage Rolls	\$4.00
Spinach Roll	\$4.00

LAVISH WRAPS – all half size

Salad.....	\$3.00
Chicken & Salad.....	\$4.00
Ham & Salad.....	\$4.00
Lamb, Tzatziki, Tomato & Lettuce.....	\$4.00
Salmon & Salad.....	\$4.00
Falafel & Tzatziki.....	\$4.00

TOASTED SANDWICHES

Any 2 Fillings.....	\$4.00
---------------------	--------

TOASTED TURKISH BREAD

Any 2 Fillings.....	\$5.00
Each Extra Filling.....	\$1.00

BURGERS

Hamburger.....	\$5.50
Chicken Burger.....	\$4.50
Chicken Chilli Tender.....	\$4.50

Curried Lentil Burger.....	\$5.50
----------------------------	--------

SALAD BOXES

Large - \$6.00/Small - \$4.00

Garden Salad
Curried Rice Salad
Falafel Salad

BAKERY

Baked on Premises Daily

Honey Oat Slice.....	\$2.50
Chocolate Slice.....	\$2.50
Muffins	\$2.50

*Choc Chip

*Berry

Choc-chip Cookie.....	\$2.50
Date Balls.....	\$0.50

SNACKS

Fresh Honey Yoghurt.....	\$2.00
*w/ Berries or Passionfruit.	\$2.50
*w/ Muesli.....	\$2.50

Red Rock Crisps 28g -

*Plain.....	\$1.50
*Honey Soy Chicken ...	\$1.50

Popcorn Plain	\$1.00
Cheese & Crackers.....	\$1.80
Vege Chips.....	\$1.50
Vege Sticks + Hommus.....	\$2.50
Apples, Oranges, Bananas.	\$0.80
Garlic Bread	\$2.50

ICE BLOCKS

Fruit Tubes.....	\$0.80
Calypo (Sml Gelato).....	\$1.20

Frozen Yoghurt	\$2.50	Popper.....	\$2.50	Flavoured 300mL.....	\$3.00
* Chocolate		Water 500mL.....	\$2.00	Glee (lightly carbonated	
* Watermelon & Mango		Nudie Juice.....	\$2.50		
* Strawberry & Vanilla		Crazy Lemonade	\$2.50		
Ice Monty	\$1.00	Large	\$4.00	apple juice)	\$2.50
*Chocolate				*Strawberry	
*Lemonade		Schools Milk Flav(250ml).	\$2.70	*Berry	
		Milk -		Cold Pressed Juices.....	\$3.50
		Plain 600mL.....	\$2.20	*Orange	
				*Cloudy Apple	

DRINKS

Our school now has a great online ordering system called Flexischools.

As well as being convenient for parents, online orders are faster and easier to process - so it helps to simplify everyone's day!



**CASH FREE,
HASSLE FREE**




**PAY ANYWHERE,
ANYTIME**



**SAFE &
SECURE**

Take advantage of this convenient new service. Go to **flexischools.com.au** and click **register**.





**MT ST PATRICK COLLEGE
CANTEEN VOLUNTEER**

Student's Name: _____ Parent's Name: _____

Parent Email: _____ Parent Mobile No: _____

Please circle:

WEEKLY FORTNIGHTLY MONTHLY - WHOLE DAY HALF DAY (9-11am)