



Order online at Munch Monitor

Join Munch Monitor and place orders by 9.30am

www.munchmonitor.com

School ID: charltoncc & Password: munch2283

Over the counter orders

Place orders at Cateen from 8.30am - 9.30am

DAILY SPECIALS

Monday

Homemade Soup and Garlic Bread \$5.50

Tuesday

Cheesy Nacho's (cheese) \$4.50

Mexican Nacho's (beef, cheese & sour cream) \$5.50

Wednesday

Meatlovers Sub (pepperoni, salami, ham & salad) \$6.50

Chicken Teryaki Sub (chicken & salad) \$6.50

Hawaiian Sub (ham, cheese & pineapple) \$6.00

Thursday

Warm Marinated Beef Salad

\$6.50

Friday

Peri Peri Chicken Burger \$6.00

Californian Beef Burger \$6.00

Roasted Vegetable & Lentil Burger \$6.00

SNACKS

Carrot Sticks \$0.50

Boiled Egg \$1.00

Vaalia Low Fat Yoghurt \$2.50

Red Rock Deli Chips \$1.50

Grainwaves \$1.50

Popcorn \$0.70

Muffin \$1.90

School Finger Bun \$1.80

Cheese & Bacon Roll \$1.80

Pikelets (2) \$0.50

Sauce \$0.50

- Tomato, BBQ, Sweet & Sour

FROZEN ITEMS

Slushie \$2.00

Frozen Fruit (In Season) \$1.00

Frozen Juice Cup \$0.70

Frozen Yoghurt \$2.40

Paddlepop \$1.70

Shaky Shake \$2.40

Lemonade Icy Twist \$1.20

Calippo Mini \$1.10

Quelch Stick (Frozen) \$0.60

Fresh Fruit (Seasonal) \$1.00

Apple Crumble \$3.00

Banana Bread \$1.50

EVERYDAY HOT FOOD

Lean Beef Pie \$3.20

Lean Beef Potato Pie \$3.40

Lean Beef Party Pie \$2.10

Spinach & Fetta Roll \$4.10

Vegie Pastie \$3.20

Lean Jumbo Sausage Roll \$2.40

Lean Sausage Roll \$2.00

Quiche Lorraine \$3.60

Spinach & Ricotta Roll \$3.10

Potato Gems in a cup \$2.00

Chicken & Gravy Roll \$5.30

Chicken Nuggets (3pkt) \$2.00

Chicken Nuggets (6pkt) \$4.00

Chicken Tenders (2pkt) \$3.00

Chicken Nuggets (3pkt G/F) \$2.00

Chicken Nuggets (6pkt G/F) \$4.00

Chicken Tenders (2pkt G/F) \$3.00

Garlic Bread (lunch only) \$1.50

Homemade Soup & Garlic Bread \$5.50

SANDWICHES (WHOLEMEAL OR WHITE)

Vegemite or Jam \$2.50

Double Cheese \$3.00

Double Egg, Lettuce & Mayo \$4.60

Double Egg & Mayo \$4.10

Ham \$3.50

Ham & Cheese \$4.00

WRAPS (WHITE)

Super Salad Wrap Pineapple \$5.60

Ham & Salad Wrap \$6.00

Chicken & Salad Wrap \$6.50

Single Tender CLM Wrap \$4.30

Double Tender CLM Wrap \$5.60

ROLLS

Super Salad Roll Pineapple \$5.60

Ham & Salad Roll \$6.00

Chicken & Salad Roll \$6.50

TOASTIES (WHOLEMEAL OR WHITE) G/F

Double Cheese Toastie \$3.50

Ham & Double Cheese Toastie \$4.50

Tomato & Double Cheese Toastie \$4.00

SALADS (SMALL - NO ALTERATIONS)

Ham Salad \$5.50

Chicken Salad \$6.00

Cheese Salad \$5.50

Dressings \$0.50

* Caesar, Italian, French

* Mayo, Lime Juice, Olive Oil

DRINKS

Flavoured Milk 600ml \$3.20

Flavoured Milk 300ml \$2.00

Plain Milk 300ml \$1.50

Icebreak Milk 500ml \$3.70

Up & Go \$2.50

Orchy Juice 350ml \$3.00

Poppers 200ml \$1.60

Chill Carbonated Water \$2.30

Water 600ml \$1.50

Hot Chocolate \$2.50

Hot Coffee (Yr 9 - 12) \$2.50

G Active Functional Water \$4.20