

SCHOOL CANTEEN

SMITHFIELD PUBLIC SCHOOL



~ SANDWICH BAR ~

Vegemite, Jam or Honey (E)	\$2.50
<i>Margarine spread</i>	
Chicken (E)	\$4.30
<i>Grilled Chicken, Lettuce & mayo</i>	
Cheese Tomato (E)	\$3.50
<i>Cheese & tomato</i>	
Ham (E)	\$3.80
<i>Cheese & tomato</i>	
Tuna (E)	\$3.80
<i>Mayo, cucumber, Spanish onion, sweet chilli</i>	
Cheese (E)	\$2.80
<i>Sliced tasty cheese</i>	
Salad (E)	\$3.80
<i>Lettuce, carrot, tomato, cucumber, beetroot, onion</i>	
Egg (E)	\$3.80
<i>Mayo & lettuce</i>	
Curried Egg (E)	\$3.80
<i>Mayo, curry & lettuce</i>	

Breads (G) White or wholemeal

Gluten Free Sliced	\$1.50
White Roll	\$0.80

Extras

Cucumber, beetroot, tomato or lettuce (G)	\$0.60
Ham (O)	\$1.00
Avocado (G)	\$1.00
Boiled Egg (G)	\$0.80
Hummus (G)	\$0.80

Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.10
Sauce (Tomato, Bbq, Mayo, Sweet Chilli)	\$0.50

~ SUPER SALAD BAR ~

Greek Salad (E) (GF)	\$5.50
<i>Tomato, cucumber, Spanish onion, pitted olives & feta</i>	
Chicken Caesar Salad (E)	\$5.50
<i>Cos Lettuce, Bacon, Parmesan cheese, egg, croutons & dressing</i>	
Ham Salad (E)	\$5.50
<i>Lettuce, tomato, cucumber, beetroot, carrot & dressing</i>	
Garden Salad (E)	\$5.50
<i>Lettuce, tomatoes, cucumber, carrot, beetroot & dressing</i>	
Health Pack (E)	\$5.50
<i>Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip</i>	

~ WRAP BAR ~ (E)

<i>Served in Lebanese Bread</i>	$\frac{1}{2}$	Full
Grilled Chicken & Salad	\$3.00	\$6.20
Ham & Salad	\$3.00	\$6.20
Salami & Salad	\$3.00	\$6.20
Salad & Cheese	\$3.00	\$6.20

~ TURKISH BREADS/FOCACCIAS (E) - \$7.00

Mediterranean – Ham, artichokes, roasted capsicum, olives & feta cheese
Vegetarian – Eggplant, sun-dried tomatoes, roasted capsicum, olives & cheese
Chicken – Grilled Chicken breast, marinated capsicum, pesto & tasty cheese

~ BREAKFAST ~

Egg & Cheese Roll – small (E)	\$3.50
Hash Brown (O)	\$1.50
Toasted Sandwiches (E)	
<i>Cheese 1/2</i>	\$1.00
Toasted Lebanese Bread (E)	
<i>Cheese 1/2</i>	\$1.00
Fruit (E)	
<i>Fruit available daily from</i>	\$1.50
Yoghurt & Fruit Tub (E)	\$4.00
Sliced Watermelon (E)	\$2.00
Fruit Salad (E) (GF)	\$4.00

~SWEET TREATS ~

Banana Bread (O)	\$2.00
Custard & Jelly (O)	\$2.50
Homemade Muffins (O) 80gr	\$2.00
<i>(Banana or Blueberries)</i>	

MTB NEWS

We are now selling Cakes & Biscuits for all occasions.

We deliver too.

To place an order, please go to our website:

www.melstastybites.com

Look out for our
Meal Deals
throughout the
Term!

CELEBRATE YOUR BIRTHDAY AT SCHOOL!

Order your Ice block Bucket on our MTB website or ask one of our friendly staff at our MTB Canteens!

www.melstastybites.com

CRUNCH & SIP before 9am - \$2.50



Bottle of Water 600ml plus a choice of a Apple, Banana or Orange

