

# SCHOOL CANTEEN

# KINGSGROVE PUBLIC SCHOOL



**Mel's Tasty Bites**

Healthy Canteen Operators & Catering Services

## ~ BURGERS & ROLLS ~

<b>Grilled Chicken Burger (E) (H)</b>	<b>\$5.00</b>
<i>Marinated chicken breast, lettuce &amp; Aioli mayo</i>	
<b>Veggie Burger (E)</b>	<b>\$5.00</b>
<i>Veggie pattie, lettuce, tomato &amp; aioli mayo</i>	
<b>Chicken Pattie (O) (H)</b>	<b>\$5.00</b>
<i>Breast Fillet Pattie, lettuce &amp; mayo</i>	
<b>Big Beef (E) (H)</b>	<b>\$5.00</b>
<i>Homemade beef patty, fried onion, beetroot, tomato &amp; lettuce (Choice of sauce)</i>	

## ~ MIXED BAR ~

<b>Beef Nachos (O) (H)</b>	<b>\$5.50</b>
<i>Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream &amp; avocado</i>	
<b>Naked Vegetarian Nachos (O)</b>	<b>\$5.50</b>
<i>Corn Chips, seasoned beans, lettuce, cheese, tomato, sour cream &amp; avocado</i>	
<b>Butter Chicken &amp; Rice (E) (H)</b>	<b>Sml \$4.00 Lge \$6.00</b>
<i>Chicken breast sautéed in a butter chicken sauce &amp; served with steamed rice</i>	

## EXTRAS

<i>Tomato, cheese, onion</i>	<b>\$0.60</b>
<i>Shredded Cheese</i>	<b>\$0.60</b>
<i>Sauce Portions (Tomato or Bbq)</i>	<b>\$0.40</b>

## ~ COLD DRINKS ~

<b>Harvey Juice 250ml (E)</b>	<b>\$2.60</b>
<i>Orange, apple, orange &amp; mango</i>	
<b>Water</b>	
<i>Spring Water 600ml (E)</i>	<b>\$2.00</b>

## ~MILK~

<b>Plain Milk (E)</b>	<b>\$2.00</b>
<b>Oak Lite - 250ml (E)</b>	<b>\$2.60</b>
<i>Chocolate or Strawberry</i>	

## HOME MADE PIZZA – (E) (H)

<b>Cheese</b>	<b>\$4.50</b>
<b>Vegetarian</b>	<b>\$4.50</b>
<b>Bbq Chicken</b>	<b>\$4.50</b>
<b>Ham &amp; Cheese</b>	<b>\$4.50</b>

## ~HOT BAR~

<b>Chicken Nuggets (O) (H)</b>	<b>\$0.80</b>
<b>Chicken Nuggets x 4 (O) (H)</b>	<b>\$3.00</b>
<b>Chicken Nuggets x 6 (O) (H)</b>	<b>\$4.20</b>
<b>Hot Dog w/Sauce (O) (H)</b>	<b>\$4.00</b>
<b>Hot Cheese Roll (E)</b>	<b>\$3.00</b>
<b>Mamee Cup Noodles (O)</b>	<b>\$3.00</b>
<i>(Beef or Chicken)</i>	

## ~ FROZEN TREATS~

<b>Quelch 99% Fruit Stick 70ml (E)</b>	<b>\$1.00</b>
<b>Frozen Watermelon (E)</b>	<b>\$2.00</b>
<b>Frozen Orange (E)</b>	<b>\$2.00</b>
<b>Mony (E)</b>	<b>\$1.50</b>
<i>(Lemon Ice, Red Berry Blast)</i>	

## ~ SNACKS ~

<b>Sliced Watermelon (E)</b>	<b>\$1.50</b>
<b>Yoghurt &amp; Fruit Cup (E)</b>	<b>\$3.50</b>
<b>Fruit Salad (E)</b>	<b>\$3.50</b>
<b>Cheese &amp; Rice Crackers (E)</b>	<b>\$2.50</b>
<b>Fruit (Seasonal) (E)</b>	<b>\$1.00</b>
<b>Warm Banana &amp; Custard (E)</b>	<b>\$2.50</b>
<b>Vanilla Yoghurt (E)</b>	<b>\$3.00</b>

**MTB are NSW Healthy School Canteen  
Approved Operators**

## FOOD CODING

<b>E</b>	<b>Everyday / O Occasionally</b>
<b>GF</b>	<b>Gluten Free</b>
<b>H</b>	<b>Halal</b>

## MONDAY 2 FRIDAY ONLY

### MONDAY

<b>Oven Baked Wedges (O) (H)</b>	<b>\$5.00</b>
<i>Served with sour cream &amp; sweet chilli</i>	

### WEDNESDAY

<b>Spaghetti Bolognese (E) (H)</b>	<b>\$4.00 Small / \$6.00 Large</b>
<i>Homemade Bolognese sauce tossed with spaghetti</i>	

### FRIDAY

<b>Macaroni Cheese (O)</b>	<b>\$4.00 Small / \$6.00 Large</b>
<i>pasta baked with cream, cheese, parsley &amp; herbs</i>	

### TUESDAY

<b>Chicken Schnitzel, Mash &amp; Gravy (O) (H)</b>	<b>\$4.00 Small / \$6.00 Large</b>
<i>homemade schnitzel with mashed potato &amp; gravy</i>	

### THURSDAY

<b>Beef Burrito (E) (H)</b>	<b>\$6.00</b>
<i>Lettuce, Shredded cheese, tomato &amp; sour cream</i>	

# COMBO DEAL –WHEN YOU SPEND \$4.00 OR MORE



600ml

# \$1.50