

SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services

~ BURGERS & ROLLS ~

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

~ MIXED BAR ~

Beef Nachos (O) (H)	\$5.50
<i>Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado</i>	
Naked Vegetarian Nachos (O)	\$5.50
<i>Corn Chips, seasoned beans, lettuce, cheese, tomato, sour cream & avocado</i>	

**PLEASE USE FLEXI SCHOOLS
ONLINE FOR LUNCH ORDERS!**

www.flexischools.com.au

EXTRAS

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

HOME MADE PIZZA – (E) (H)

Cheese	\$4.50
Vegetarian	\$4.50
Bbq Chicken	\$4.50
Ham & Cheese	\$4.50

~ FROZEN TREATS~

Frozen Juice Cups (E)	\$2.00
Frozen Watermelon (E)	\$2.00
Frozen Orange (E)	\$2.00
Mony (E)	\$2.00
<i>(Lemon Ice, Red Berry Blast)</i>	

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

FOOD CODING

E	Everyday / O Occasionally
GF	Gluten Free
H	Halal

~ COLD DRINKS ~

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

~HOT BAR~

Chicken Nuggets x 4 (O) (H)	\$3.00
Chicken Nuggets x 6 (O) (H)	\$4.20
Hot Dog w/Sauce (O) (H)	\$4.00
Hot Cheese Roll (E)	\$3.20
Cup Noodles (O)	\$3.50
<i>(Beef or Chicken)</i>	
Garlic Bread Roll (E)	\$3.00

~ SNACKS ~

Sliced Watermelon (E)	\$2.00
Fruit (Seasonal) (E)	\$1.20
Fruit Salad (E)	\$4.00
Cheese & Rice Crackers (E)	\$2.50

~MILK~

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

MONDAY 2 FRIDAY ONLY

MONDAY

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

TUESDAY

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

WEDNESDAY

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

FRIDAY

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

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



600ml

\$1.50