

SCHOOL CANTEEN

KINGSGROVE PUBLIC SCHOOL



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services

~ SANDWICH BAR ~

Vegemite, Jam or Honey (E)	\$2.50
<i>Margarine spread</i>	
Chicken (E)	\$4.20
<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)	\$3.60
<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)	\$0.40

~ SUPER SALAD BAR ~

Greek Salad (E) (GF)	\$5.00
<i>Tomato, cucumber, Spanish onion, pitted olives & feta</i>	
Health Pack (E)	\$5.00
<i>Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip</i>	
Ham Salad (E)	\$5.00
<i>Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing</i>	
Garden Salad (E)	\$4.80
<i>Lettuce, tomatoes, cucumber, carrot, beetroot w/Italian dressing</i>	

~ WRAP BAR ~ (E)

<i>Served in Lebanese Bread</i>	$\frac{1}{2}$	Full
Tuna & Salad	\$3.00	\$5.80
Salad & Cheese	\$3.00	\$5.80
Ham & Salad	\$3.00	\$5.80
Grilled Chicken & Salad	\$3.00	\$5.80

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

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

~ BREAKFAST ~

Egg, cheese & avocado Roll	\$3.00
Hash Brown (O)	\$1.20
Bacon & Egg Roll (O)	\$3.00
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>	\$1.00
Yoghurt & Fruit (E)	\$3.50
Vanilla Yoghurt (E)	\$3.00
Fresh Fruit Salad Cup (E) (GF)	\$2.50
Sliced Watermelon (E)	\$1.50

~SWEET TREATS ~

Warm Banana & Custard (E)	\$2.20
Pikelets w/ Jam (3) (E)	\$2.20
Custard & Fruit (E)	\$2.50
Homemade Muffins (O) 80gr	\$2.00
<i>(Banana or Blueberries)</i>	

Look out for our
Weekly
Specials!

CELEBRATE YOUR BIRTHDAY AT SCHOOL!

Order your Quelch 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 - \$2.00



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

