# SCHOOL CANTEEN GYMEA BAY PUBLIC SCHOOL



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\$2.50 Vegemite, Jam or Honey (E) Margarine spread Chicken (E) \$4.20 Grilled Chicken, Lettuce & mayo

\$3.50

\$0.40

Cheese Tomato (E) Cheese & tomato

\$3.80 Ham (E) Cheese & tomato

Tuna (E) \$3.80

Mayo, cucumber, Spanish onion, sweet chilli \$2.80 Cheese (E)

Sliced tasty cheese

\$3.60 Salad (E)

Lettuce, carrot, tomato, cucumber, beetroot, onion Egg (E) \$3.80

Mayo & lettuce

Curried Egg (E) \$3.80

Mayo, curry & lettuce

#### Breads (G) White or wholemeal

Gluten Free Sliced \$1.50 White Roll \$0.80

### **Extras**

Hummus (G) \$0.80 Cucumber, beetroot, tomato or lettuce (G) \$0.60 \$1.00 Ham (O) Avocado (G) \$1.00 \$0.80 Boiled Egg (G) \$0.20 **Lunch Bag** Spoon or Fork (without a lunch order) \$0.10

Sauce (Tomato, Bbg, Mayo, Sweet Chilli)



#### ~ SUPER SALAD BAR ~

Greek Salad (E) (GF) \$5.00 Tomato, cucumber, Spanish onion, pitted olives & feta

Tuna Salad (E) \$5.00

Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing

Ham Salad (E) \$5.00

Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing

\$5.00 Garden Salad (E)

Lettuce, tomatoes, cucumber, carrot, beetroot w/Italian dressing

Health Pack (E) \$5.00

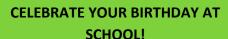
Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip

#### ~ WRAP BAR ~ (E)

Served in Lebanese Bread	1/2	Full
Grilled Chicken & Salad	\$3.00	\$5.80
Tuna & Salad	\$3.00	\$5.80
Ham & Salad	\$3.00	\$5.80
Salad & Cheese	\$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



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

www.melstastybites.com

#### ~ BREAKFAST ~

Egg, cheese & avocado Roll \$3.00 \$1.20 Hash Brown (O)

Toasted Sandwiches (E)

Cheese 1/2 \$1.00

Toasted Lebanese Bread (E)

Cheese 1/2 \$1.00

Fruit (E)

Fruit available daily from \$1.00 Fresh Fruit Salad Cup (E) (GF) \$2.50 Sliced Watermelon (E) \$1.50



#### ~SWEET TREATS ~

Warm Banana & Custard (E) \$2.20 \$2.50 Custard & Fruit (E) Homemade Muffins (O) 80gr \$2.00 (Banana or Blueberries)

## CRUNCH & SIP before 9am - \$2.00







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