

SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY 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>	

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>	
Tuna Salad (E)	\$5.00
<i>Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing</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>	
Health Pack (E)	\$5.00
<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
Tuna & Salad	\$3.00	\$5.80
Salad & Cheese	\$3.00	\$5.80
Grilled Chicken & Salad	\$3.00	\$5.80
Ham & 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
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>	\$1.20
Sliced Watermelon (E)	\$2.00
Fruit Salad (E) (GF)	\$4.00

~ SWEET TREATS ~

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

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

