

# SCHOOL CANTEEN

## SMITHFIELD PUBLIC SCHOOL



### ~ SANDWICH BAR ~

|                                                           |               |
|-----------------------------------------------------------|---------------|
| <b>Vegemite, Jam or Honey (E)</b>                         | <b>\$2.50</b> |
| <i>Margarine spread</i>                                   |               |
| <b>Chicken (E)</b>                                        | <b>\$4.20</b> |
| <i>Grilled Chicken, Lettuce &amp; mayo</i>                |               |
| <b>Cheese Tomato (E)</b>                                  | <b>\$3.50</b> |
| <i>Cheese &amp; tomato</i>                                |               |
| <b>Ham (E)</b>                                            | <b>\$3.80</b> |
| <i>Cheese &amp; tomato</i>                                |               |
| <b>Tuna (E)</b>                                           | <b>\$3.80</b> |
| <i>Mayo, cucumber, Spanish onion, sweet chilli</i>        |               |
| <b>Cheese (E)</b>                                         | <b>\$2.80</b> |
| <i>Sliced tasty cheese</i>                                |               |
| <b>Salad (E)</b>                                          | <b>\$3.60</b> |
| <i>Lettuce, carrot, tomato, cucumber, beetroot, onion</i> |               |
| <b>Egg (E)</b>                                            | <b>\$3.80</b> |
| <i>Mayo &amp; lettuce</i>                                 |               |
| <b>Curried Egg (E)</b>                                    | <b>\$3.80</b> |
| <i>Mayo, curry &amp; lettuce</i>                          |               |
| <b>Breads (G) White or wholemeal</b>                      |               |
| Gluten Free Sliced                                        | \$1.50        |
| White Roll                                                | \$0.80        |

|                                                |               |
|------------------------------------------------|---------------|
| <b>Extras</b>                                  |               |
| 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        |
| <b>Lunch Bag</b>                               | <b>\$0.20</b> |
| <b>Spoon or Fork (without a lunch order)</b>   | <b>\$0.10</b> |
| <b>Sauce (Tomato, Bbq, Mayo, Sweet Chilli)</b> | <b>\$0.40</b> |

### ~ SUPER SALAD BAR ~

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

### ~ WRAP BAR ~ (E) (H)

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

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

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

### ~ BREAKFAST ~

|                                       |               |
|---------------------------------------|---------------|
| <b>Egg, cheese &amp; avocado Roll</b> | <b>\$3.00</b> |
| <b>Hash Brown (O)</b>                 | <b>\$1.20</b> |
| <b>Toasted Sandwiches (E)</b>         |               |
| <i>Cheese 1/2</i>                     | <b>\$1.00</b> |
| <b>Toasted Lebanese Bread (E)</b>     |               |
| <i>Cheese 1/2</i>                     | <b>\$1.00</b> |
| <b>Fruit (E)</b>                      |               |
| <i>Fruit available daily from</i>     | <b>\$1.20</b> |
| <b>Fruit Salad (E) (GF)</b>           | <b>\$4.00</b> |
| <b>Sliced Watermelon (E)</b>          | <b>\$2.00</b> |

### ~SWEET TREATS ~

|                                  |               |
|----------------------------------|---------------|
| <b>Banana Bread (O)</b>          | <b>\$2.00</b> |
| <b>Custard &amp; Fruit (E)</b>   | <b>\$2.50</b> |
| <b>Homemade Muffins (O) 80gr</b> | <b>\$2.00</b> |
| <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](http://www.melstastybites.com)



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



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