

SCHOOL CANTEEN MITCHELL HIGH SCHOOL



~ SANDWICH BAR ~

Vegemite, Jam or Honey (E)	\$2.50
<i>Margarine spread</i>	
Chicken (E)	\$4.50
<i>Grilled Chicken, Lettuce & mayo</i>	
Cheese Tomato (E)	\$3.50
<i>Cheese & tomato</i>	
Ham (E)	\$4.00
<i>Cheese & tomato</i>	
Tuna (E)	\$4.00
<i>Mayo, cucumber, Spanish onion, sweet chilli</i>	
Cheese (E)	\$2.80
<i>Sliced tasty cheese</i>	
Salad (E)	\$4.00
<i>Lettuce, carrot, tomato, cucumber, beetroot, onion</i>	
Egg (E)	\$4.00
<i>Mayo & lettuce</i>	
Curried Egg (E)	\$4.00
<i>Mayo, curry & lettuce</i>	
Breads (E) White or wholemeal	
White Roll	\$0.60
Gluten Free Sliced	\$1.50
Extras	
Cucumber, tomato or lettuce (E)	\$0.60
Ham (O)	\$0.70
Avocado (E)	\$1.00
Sauce Portions	\$0.30
Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.10

~ SUPER SALAD BAR ~

Greek Salad (E) (GF)	\$6.00
<i>Tomato, cucumber, Spanish onion, pitted olives & feta</i>	
Chicken Caesar (E)	\$6.00
<i>Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing</i>	
Chicken Buster (E)	\$6.00
<i>Grilled chicken, tabouli & hummus</i>	
Garden Salad (E)	\$5.50
<i>Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts</i>	
Health Pack (E)	\$6.00
<i>Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip</i>	

*** All Salads are Served with Lebanese Bread**

~WRAP BAR ~ (E)

<i>Served in Lebanese bread</i>	1/2	Full
Grilled Chicken & Salad	\$3.50	\$6.00
Ham & Salad	\$3.50	\$6.00
Tuna & Salad	\$3.50	\$6.00
Falafel & Salad	\$3.50	\$6.00

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

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

~ BREAKFAST ~

Scrambled eggs on Toast (E) (1)	\$2.50
Egg & Cheese Roll (E)	\$3.00
Bacon & Egg Roll (O)	\$3.50
Hash Brown (O)	\$1.50
Toasted Sandwiches (E)	
<i>Cheese 1/2</i>	\$1.00
Raisin Toast (2) (E)	\$2.00
Toast (2) (E) Jam or Honey	\$2.00
Fruit (E)	
<i>Fruit available daily from</i>	\$1.00
Fresh Fruit Salad (E) (GF)	\$5.00
Yoghurt & Muesli (E) (GF)	\$5.50

~SWEET TREATS ~

Custard & Fresh Fruit (E)	\$3.50
Pikelets w/ Jam (3) (E)	\$3.00
Warm Banana & Custard (E)	\$3.00
Homemade Muffins (O) 80gr	\$2.00
<i>(Banana or Blueberries)</i>	

**Look out for our
Weekly Specials!**



COMBO DEAL –WHEN YOU SPEND \$4.00 OR MORE



600ml

\$1.50

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

FOOD CODING

E Everyday / **O** Occasionally
GF Gluten Free