

# SCHOOL CANTEEN

## ST ANTHONYS PRIMARY SCHOOL



**Mel's Tasty Bites**

Healthy Canteen Operators & Catering Services

### ~ 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>	

### **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

<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)

<i>Served in Lebanese Bread</i>	$\frac{1}{2}$	Full
<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>
<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>

### ~ 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>

Look out for our  
Weekly  
Specials!

### ~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>	

### 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

