

# SCHOOL CANTEEN

## OUR LADY OF LOURDES PRIMARY



**Mel's Tasty Bites**

Healthy Canteen Operators & Catering Services

### ~ BURGERS & ROLLS ~

<b>Fish Burger (E)</b>	<b>\$6.00</b>
<i>Baked fish, lettuce &amp; tartare sauce</i>	
<b>Veggie Burger (E)</b>	<b>\$6.00</b>
<i>Veggie Pattie, lettuce &amp; mayo</i>	
<b>Chicken Pattie (E) (H)</b>	<b>\$6.00</b>
<i>Baked Chicken Fillet Pattie, lettuce &amp; mayo</i>	
<b>Chicken Schnitzel Roll (E)</b>	<b>\$6.00</b>
<i>Homemade schnitzel, lettuce &amp; mayo</i>	
<b>Chicken Kebab Roll (E)</b>	<b>\$6.00</b>
<i>Grilled chicken, lettuce, cheese &amp; bbq sauce</i>	

### HOME MADE PIZZA – (E) (H)

<b>Cheese</b>	<b>\$5.00</b>
<b>Bbq Chicken</b>	<b>\$5.00</b>

### ~HOT BAR~

<b>Garlic Bread Roll (E)</b>	<b>\$3.00</b>
<b>Chicken Nuggets x 4 (O) (H)</b>	<b>\$3.20</b>
<b>Chicken Nuggets x 6 (O) (H)</b>	<b>\$4.50</b>
<b>Hot Dog w/Sauce (O)</b>	<b>\$4.50</b>
<b>Fish Fingers (3) &amp; Salad (O) (H)</b>	<b>\$5.00</b>
<b>Party Pies (3) (O)</b>	<b>\$4.00</b>
<b>Cup Noodles (O) (H)</b>	<b>\$4.00</b>
<i>(Beef or Chicken)</i>	

### ~ SANDWICH BAR ~

<b>Vegemite, Jam or Honey (E)</b>	<b>\$3.00</b>
<b>Cheese &amp; Tomato (E)</b>	<b>\$3.80</b>
<b>Ham, Cheese &amp; Tomato (E)</b>	<b>\$4.50</b>
<b>Egg, Mayo &amp; Lettuce (E)</b>	<b>\$4.20</b>
<b>Cheese (E)</b>	<b>\$3.00</b>
<b>Salad (E)</b>	<b>\$4.50</b>
<i>(Lettuce, carrot, tomato, beetroot, cucumber)</i>	
<b>Breads (G) White or wholemeal</b>	
<i>Gluten Free Sliced</i>	<b>\$2.00</b>
<i>White Roll / Lebanese Bread</i>	<b>\$1.50</b>

### Extras

<b>Cucumber, beetroot, tomato or lettuce (G)</b>	<b>\$0.80</b>
<b>Grilled Chicken (E)</b>	<b>\$2.00</b>
<b>Ham (O)</b>	<b>\$1.00</b>
<b>Avocado (G)</b>	<b>\$1.00</b>
<b>Boiled Egg (G)</b>	<b>\$1.00</b>
<b>Sliced Cheese (E)</b>	<b>\$0.80</b>

### ~COLD DRINKS ~

<b>Juice 250ml (E)</b>	<b>\$3.00</b>
<i>Tropical or Apple</i>	
<b>Spring Water 600ml (E)</b>	<b>\$2.20</b>
<b>Oak Flavoured Milk- (E)</b>	<b>\$3.00</b>
<i>Chocolate or Strawberry</i>	

### ~ SUPER SALAD BAR ~

<b>Greek Salad (E) (GF)</b>	<b>\$6.00</b>
<i>Tomato, cucumber, Spanish onion, pitted olives &amp; feta</i>	
<b>Ham Salad (E)</b>	<b>\$6.00</b>
<i>Lettuce, tomato, cucumber, beetroot, carrot &amp; dressing</i>	
<b>Garden Salad (E)</b>	<b>\$6.00</b>
<i>Lettuce, tomatoes, cucumber, carrot, beetroot with dressing</i>	

### ~ WRAP BAR ~

<i>Served in Lebanese Bread</i>	$\frac{1}{2}$	<b>Full</b>
<b>Grilled Chicken &amp; Salad (E)</b>	<b>\$3.50</b>	<b>\$6.50</b>
<b>Ham &amp; Salad (E)</b>	<b>\$3.50</b>	<b>\$6.50</b>
<b>Tuna &amp; Salad (E)</b>	<b>\$3.50</b>	<b>\$6.50</b>
<b>Salad &amp; Cheese (E)</b>	<b>\$3.50</b>	<b>\$6.50</b>

**PLEASE USE FLEXI SCHOOLS FOR ONLINE LUNCH ORDERS!**

[www.flexischools.com.au](http://www.flexischools.com.au)

-----OR-----

**OPEN A CANTEEN ACCOUNT**

We are trying to minimize cash handling at all our canteens & we encourage all parents to open up a school canteen account so your child/s can purchase from the canteen at recess & lunch using credit not coins.

To open up a school canteen account, go to

[www.melstastybites.com](http://www.melstastybites.com) and click on 'canteen online ordering'

**We are a NSW Healthy School Canteen Approved Operator**

### FOOD CODING

<b>E</b>	<b>Everyday / O Occasionally</b>
<b>GF</b>	<b>Gluten Free</b>
<b>H</b>	<b>Halal</b>

### MONDAY 2 THURSDAY ONLY

#### MONDAY

<b>Beef Burrito (E) (H)</b>	<b>\$6.00</b>
<i>Tortilla wrap filled with lettuce, cheese &amp; seasoned beef mince &amp; sour cream</i>	

#### WEDNESDAY

<b>Wedges (O)</b>	<b>\$6.00</b>
<i>Served with sweet chilli &amp; sour cream</i>	

#### TUESDAY

<b>Cheeseburger (E)</b>	<b>\$6.00</b>
<i>Homemade beef Pattie, cheese &amp; tomato sauce</i>	

#### THURSDAY

<b>Butter Chicken &amp; Rice (E) (H)</b>	<b>\$5.00 Sml/ \$6.00 Lge</b>
<i>Chicken sautéed in a butter chicken sauce &amp; served with steamed rice</i>	

### ~ FROZEN TREATS ~

<b>Frozen Juice Cups (E)</b>	<b>\$2.00</b>
<b>Jelly Joys (O)</b>	<b>\$1.00</b>
<b>Mony (E)</b>	<b>\$2.00</b>
<i>(Lemon Ice, Red Berry Blast)</i>	

### EXTRAS

<i>Lunch Bag</i>	<b>\$0.20</b>
<i>Spoon or Fork (without a lunch order)</i>	<b>\$0.10</b>
<i>Sauce (Tomato, Bbq, Mayo, Sweet Chilli)</i>	<b>\$0.50</b>

### ~ SNACKS ~

<b>Cheese &amp; Rice Crackers (E)</b>	<b>\$3.00</b>
<b>Fruit (Seasonal) (E)</b>	<b>\$2.00</b>
<b>Chips (O)</b>	<b>\$1.50</b>
<b>Popcorn (E)</b>	<b>\$2.00</b>
<b>Homemade Muffins (O) 80gr</b>	<b>\$2.00</b>
<b>Banana Bread (O)</b>	<b>\$2.00</b>
<b>Cookies (2)</b>	<b>\$0.50</b>