

SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL

Term 4 & 1



~ SANDWICH BAR ~

Vegemite, Jam or Honey (O)	\$2.40
<i>Margarine spread</i>	
Chicken (E)	\$4.00
<i>Lettuce & mayo</i>	
Cheese Tomato (E)	\$3.50
<i>Cheese & tomato</i>	
Ham (E)	\$3.80
<i>Cheese & tomato</i>	
Chicken Schnitzel (E)	\$4.00
<i>Hummus & tabouli</i>	
Cheese (E)	\$2.50
<i>Sliced tasty cheese</i>	
Salad (E)	\$3.60
<i>Lettuce, tomato, cucumber, beetroot, onion & alfalfa</i>	
Egg (E)	\$3.60
<i>Mayo & lettuce</i>	
Curried Egg (E)	\$3.60
<i>Mayo, curry & lettuce</i>	
Tuna (E)	\$3.80
<i>Mayo, cucumber, Spanish onion, sweet chilli</i>	

Breads (G) White, wholemeal or Multigrain

Wrap	\$0.60
White Roll	\$0.60
Gluten Free Sliced	\$1.20

Extras

Avocado (G)	\$1.00
Boiled Egg (G)	\$1.00
Hummus (G)	\$1.00
Ham (O)	\$1.00
Cucumber, tomato or lettuce (G)	\$0.60

Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.20
Sauce Portions	\$0.30

~ SUPER SALAD BAR ~

Greek Salad (E) (GF)	\$5.00
<i>Tomato, cucumber, Spanish onion, pitted olives & feta</i>	
Chicken Caesar (E)	\$5.00
<i>Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing</i>	
Chicken Buster (E)	\$5.00
<i>Grilled chicken, tabouli & hummus</i>	
Garden Salad (E)	\$5.00
<i>Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts</i>	

Look out for our
Weekly Summer
Specials!

~ BREAKFAST ~

MTB Brekkie Roll (E)	\$4.00
<i>(Poached egg, avocado, cheese, rocket & relish)</i>	
MTB Brekkie Roll & flavoured milk (300ml)	\$5.50
Toasted Banana bread & flavoured milk (300ml)	\$4.00
Toasted Sandwiches (E)	
<i>Cheese</i>	\$2.50
<i>Ham & Cheese</i>	\$3.00
Raisin Toast (2) (E)	\$2.00
Toast (2) (E) Jam or Honey	\$2.00
Fresh Fruit Salad (E) (GF)	\$2.50
Yoghurt & Muesli (E) (GF)	\$2.50
Fruit (E)	
<i>Fruit available daily</i>	\$1.00

HOME-MADE TREATS ~

Homemade Muffins (O)	\$2.00
<i>(Banana, Blueberry or Apple cinnamon)</i>	
Warm Banana & Custard (O)	\$2.50
Banana Bread (O)	\$2.00

NSW Healthy Canteen Strategy

~ FOOD CODING ~

E	Everyday
O	Occasionally
GF	Gluten Free

CELEBRATE YOUR BIRTHDAY AT SCHOOL!

Order your Zooper Dooper
Iceblock Bucket or Homemade
Cupcakes on our website or ask
one of our friendly staff at our
MTB Canteens!

www.melstastybites.com

CRUNCH & SIP before 9am - \$2.00



Bottle of Water 350ml plus a choice of a Apple, Banana or Orange

SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL

Term 4 & 1



~ BURGERS & ROLLS ~

Hot Chicken Schnitzel (E)	\$5.00
<i>Baked homemade Chicken Schnitzel, lettuce & Mayo</i>	
Baked Fish (E)	\$5.00
<i>Baked crumbed fish, lettuce & tartare sauce</i>	
Cheeseburger (O)	\$5.00
<i>Fresh beef patty, cheese, mustard & tomato sauce</i>	
Veggie Burger (E)	\$5.00
<i>Veggie pattie, lettuce & Tomato</i>	

~ HOT BAR ~

Beef & Bean Nachos (E)	\$5.00
<i>Corn chips, beef & beans, lettuce, cheese, tomato, sour cream & avocado</i>	
Vegetarian Fried Rice (E)	\$4.00
<i>Fresh veggies tossed in fluffy rice w/soy sauce</i>	
Spaghetti & Sauce Nachos (E)	\$4.00
<i>Spaghetti & sauce w/ corn chips and melted cheese</i>	
Fish Cocktails & Salad (E)	\$4.50
<i>Baked Fish & Garden Salad</i>	
Home-made Pizza (E)	\$4.50
<i>(Vegetarian / Bbq chicken /Margarita)</i>	

~ MILK ~

Lite Oak - 300ml (E)	\$2.50
<i>Chocolate, Strawberry)</i>	

~ COLD DRINKS ~

Harvey Juice 99% (E)	\$2.50
<i>Orange, Apple, A&B, O&M</i>	
Water (E)	
<i>Spring Water 600ml</i>	\$2.00

PLEASE USE FLEXI SCHOOLS ONLINE FOR LUNCH ORDERS!

www.flexischools.com.au

NSW Healthy School Canteen Strategy

~ FOOD CODING ~

E	Everyday
O	Occasionally
GF	Gluten Free

~FROZEN TREATS ~

Frozen 99% Juice Cups (E)	\$1.50
Peters Ice Cream from (O)	\$1.50
Frozen Orange Qtr (E)	\$0.50

SNACKS ~

Yoghurt & Fruit (E)	\$2.50
Sliced Watermelon (E)	\$1.50

COMBO DEAL — WHEN YOU SPEND \$3.00 OR MORE

\$2.00
(300ml)



OR



\$1.50
(600ml)

WEEKLY SPECIALS

MONDAY

Chicken Stir-fry w/ Hokkien Noodles (E)	\$5.00
<i>Asian veggies tossed with chicken & hokkien Noodles</i>	

TUESDAY

Chicken Schnitzel, Mash & Gravy (O)	\$5.00
<i>Homemade Schnitzel with Mash & Gravy</i>	

WEDNESDAY

Spaghetti Bolognese (E)	\$5.00
<i>Homemade Bolognese sauce tossed with spaghetti</i>	

THURSDAY

Chicken Mushroom Boscaiola (O)	\$5.00
<i>Chicken breast, cream, mushrooms & penne</i>	

FRIDAY

6 x Nuggets (O)	\$4.50
<i>Baked chicken breast nuggets</i>	



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services