

2017

SCHOOL CANTEEN ST ANTHONYS PRIMARY

WINTER MENU

SANDWICH BAR

Breads (G) White, Wholemeal or Multigrain

Vegemite, Jam or Honey	\$2.20 G
Curried Egg	\$3.50 G
Egg, lettuce & mayo	\$3.50 G
Ham, cheese & tomato	\$3.70 G
Ham & Cheese	\$3.50 G
Ham & Tomato	\$3.50 G
Ham & Salad	\$4.00 G
Chicken & mayo	\$3.70 G
Chicken, lettuce & mayo	\$4.00 G
Salad	\$3.50 G
<i>(Beetroot, lettuce, carrot, tomato & cucumber)</i>	
Cheese	\$2.50 G
Tuna & sweet Chilli	\$3.50 G
Tuna, lettuce & mayo	\$3.50 G
Tuna & Salad	\$4.00 G

SUPER SALAD BOXES – Served with Lebanese bread

Greek	\$5.00 G
<i>Tomato, Cucumber, Spanish onion, Pitted Olives, Greek Feta</i>	
Chicken Caesar Pleazer	\$5.00 G
<i>Grilled Chicken, Cos Lettuce, Egg, Cheese, Croutons</i>	
Chicken Buster	\$5.00 G
<i>Grilled Chicken, Tabouli & Hummus</i>	
Secret Garden	\$5.00 G
<i>Lettuce, Tomato, Carrot, Beetroot, Cucumber, Spanish onion</i>	
Finding Nemo	\$5.00 G
<i>Lettuce, Tomato, Spanish Onion, Tuna</i>	

WRAP BAR

Sweet Chilli Chicken, Salad & Cheese – G

Single	\$2.50	---	Double	\$4.50
Chicken Caesar, croutons, bacon cheese & Caesar dressing - G				
Single	\$2.50	---	Double	\$4.50
Chicken Schnitzel, lettuce & mayo - G				
Single	\$2.50	---	Double	\$4.50
Ham & Salad - G				
Single	\$2.50	---	Double	\$4.50
Cheese & Salad - G				
Single	\$2.00	---	Double	\$4.00

EXTRAS

Avocado	\$1.00 G
Boiled Egg	\$0.80 G
Tabouli	\$1.00 G
Hummus	\$1.00 G
Lite Ham	\$1.00 G
Grilled Chicken	\$1.00 G
Tomato / Cucumber	\$0.50 G
Lunch Bag	\$0.20
Spoon/Fork	\$0.20
Sauce Portions	\$0.30

TURKISH BREADS - G

Chicken Schnitzel	\$5.50
<i>Chicken Schnitzel, roast capsicum & cheese</i>	
Roast Chicken	\$5.50
<i>Roast chicken, avocado, sundried tomato & cheese</i>	
Mediterranean	\$5.50
<i>artichokes, roast capsicum, olives & feta cheese</i>	
Vegetarian	\$5.50
<i>Eggplant, roast capsicum, olives, artichokes, tomato</i>	
Rolls & Wraps	Extra \$0.50
Gluten Free Sliced	Extra \$1.00

MEL'S TASTY BITES
HEALTHY CANTEEN
OPERATORS
www.melstastybites.com

BURGERS - G

Grilled Chicken Burger	\$4.50
Chicken Schnitzel Roll	\$4.50
Cheeseburger	\$4.50
Vegetarian Burger	\$4.00
Fish Burger	\$4.00

Hot Noodles & all Ice creams, Jelly's & Drinks ordered for lunch are given out when the lunch bag is returned to the canteen..

HOT BAR

Spaghetti Nachos	Small \$2.70 / Large \$3.70 G
Baked Bean Nachos	Small \$2.70 / Large \$3.70 G
Beef & Bean Nachos	Small \$3.00 / Large \$4.50 G
Chicken & Corn Roll	\$2.50 A
Garlic Bread Roll	\$2.50 G
Lasagne	\$4.50 G
Chicken Breast Nugget	\$0.80 A
3 x Yummy Drummy's	\$3.60 A
Yummy Drummy Roll	\$4.50 A
Baked wedges w/Sr Crm & Sweet Chilli	\$4.00 A
Baked Fish & Wedges	\$4.50 G
5 x Baked Fish Fingers	\$2.50 A

SOUPS - G

<i>Served With a Dinner Roll - \$5.00</i>	
Lentil Soup	
Chicken & Vegetable Noodle Soup	

NOODLES - A

Chicken or Beef \$3.20

HOME MADE PIZZA – G

Margarita	\$4.00
BBQ Chicken	\$4.00
Vegetarian	\$4.00
Cheesy Garlic	\$4.00

WEEKLY SPECIALS

MONDAY

Chicken Fried Rice \$4.50 G

THURSDAY

Macaroni Cheese Bake \$4.20 G
Curry Chicken & Rice \$4.50 G

TUESDAY

Vegetarian Quiche & Salad \$5.00 G
Spaghetti Bolognese \$4.50 G

FRIDAY

4 x Chicken Nuggets & Mash Potato \$4.50 A
Hot Dog w/ Sauce (Tom/bbq) \$3.70 A
3 x Beef Party Pies \$3.30 A
Gourmet Pies (Beef, Chicken or Curry) \$3.50 A

WEDNESDAY

Chicken Schnitzel, Mash & Gravy \$5.00 G
Gourmet Sausage Roll \$3.50 A

HEALTHY FOOD GUIDELINES

G – Green A – Amber

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BREAKFAST

Bacon & Egg Muffins	\$2.50 A
Yoghurt & Muesli	\$2.50 G
Cereal & Milk	\$2.50 G
Toasted Cheese Jaffle ½	\$1.00 G
Fresh Seasonal Fruit Pieces	\$1.00 G

BIRTHDAYS - CUPCAKES OR ICE-BLOCK BUCKETS
ENQUIRE WITHIN CANTEEN

DRINKS

99% Juice Popper	\$2.00 G
Apple, Orange, Apple & Blackcurrant	
Spring Water 350ml	\$1.50 G
Spring Water 600ml	\$2.00 G
Oak Flavoured Milk 300ml	\$2.50 G
Chocolate, Strawberry, Vanilla Malt	
Quench Mineral Water 350ml	\$2.50 G
Apple Raspberry, Lemon Lime, Orange, Lemonade	
Milkshakes	\$3.00 A
Chocolate, Strawberry, Caramel	

FRESH FRUIT & TASTY BITES

Fresh Seasonal Fruit	\$1.00 G
Apple, Orange, Banana	
Watermelon Cup	\$1.50 G
Mixed Fruit Cup	\$2.00 G
Yoghurt & Fruit Bowl	\$1.50 G
Custard Bowl	\$1.50 G
Grapes & Custard Bowl	\$2.00 G
Jelly Bowl	\$1.20 A
Jelly & Custard Bowl	\$2.00 A
Red Rock Deli Chips & Smiths	\$2.00 A
Honey & Soy, Sea Salt, Salt & Vinegar	

LUNCH ORDERS MUST BE IN BY 9.30AM

CRUNCH & SIP



*Available Before 9am **\$2.00**

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



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services

FROZEN TREATS

Frozen Yoghurt	\$1.50 G
Zooper Dooper	\$1.00 A
Bulla Ice-Creams	\$2.00 A
Slushie 99% Juice	\$2.00 A
Juice Cups	\$1.50 G

(Apple, Orange, Apple & Blackcurrant)

HOME-MADE TREATS

Mel's Fruit Low Fat Muffins	Small \$1.50 / Large \$3.00 A
Mel's Banana Bread	Half \$1.50 / Full \$3.00
Warm Banana & Custard Bowl	\$2.50

EXCURSION LUNCH PACK - \$4.50

(Ready at 8am)

- Sandwich (Cheese, Jam or Vegemite)
- Piece of Fruit (Apple, Banana or Pear)
 - Spring Water 350ml

Note: Order 1 Day before

WEEKLY MEAL DEAL

Choice of;

- Sandwich, Piece of Fruit & 350ml Spring Water - \$5.00
- Burger, Piece of Fruit & 350ml Spring Water - \$6.00
 - Lasagna & 600ml Spring Water - \$6.00