

SCHOOL CANTEEN

SMITHFIELD PUBLIC SCHOOL



~ BURGERS & ROLLS ~

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

HOME MADE PIZZA – (E) (H)

| | |
|--------------------|---------------|
| Cheese | \$5.00 |
| Bbq Chicken | \$5.00 |

~HOT BAR~

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

~ SANDWICH BAR ~

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

Extras

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

~COLD DRINKS ~

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

~ SUPER SALAD BAR ~

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

~ WRAP BAR ~

| | | |
|--|---------------|---------------|
| <i>Served in Lebanese Bread</i> | ½ | Full |
| Grilled Chicken & Salad (E) | \$3.50 | \$6.50 |
| Ham & Salad (E) | \$3.50 | \$6.50 |
| Tuna & Salad (E) | \$3.50 | \$6.50 |
| Salad & Cheese (E) | \$3.50 | \$6.50 |

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

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 and click on
'canteen online ordering'

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

FOOD CODING

| | |
|-----------|----------------------------------|
| E | Everyday / O Occasionally |
| GF | Gluten Free |
| H | Halal |

MONDAY 2 THURSDAY ONLY

MONDAY

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

WEDNESDAY

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|--|---------------|
| Wedges (O) | \$6.00 |
| <i>Served with sweet chilli & sour cream</i> | |

TUESDAY

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|--|---------------|
| Cheeseburger (E) | \$6.00 |
| <i>Homemade beef Pattie, cheese & tomato sauce</i> | |

THURSDAY

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

~ FROZEN TREATS~

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

EXTRAS

| | |
|--|---------------|
| Lunch Bag | \$0.20 |
| Spoon or Fork (without a lunch order) | \$0.10 |
| Sauce (Tomato, Bbq, Mayo, Sweet Chilli) | \$0.50 |

~ SNACKS ~

| | |
|---------------------------------------|---------------|
| Cheese & Rice Crackers (E) | \$3.00 |
| Fruit (Seasonal) (E) | \$2.00 |
| Chips (O) | \$1.50 |
| Popcorn (E) | \$2.00 |
| Homemade Muffins (O) 80gr | \$2.00 |
| Banana Bread (O) | \$2.00 |
| Cookies (2) | \$0.50 |