

SCHOOL CANTEEN

GREYSTANES PUBLIC SCHOOL



~ SANDWICH BAR ~

Vegemite, Jam or Honey (E)	\$2.50
<i>Margarine spread</i>	
Curried Egg (E)	\$3.80
<i>Mayo, curry & lettuce</i>	
Cheese Tomato (E)	\$3.50
<i>Cheese & tomato</i>	
Ham (E)	\$3.80
<i>Cheese & tomato</i>	
Tuna (E)	\$3.80
<i>Mayo, cucumber, Spanish onion, sweet chilli</i>	
Cheese (E)	\$2.80
<i>Sliced tasty cheese</i>	
Salad (E)	\$3.80
<i>Lettuce, carrot, tomato, cucumber, beetroot, onion</i>	
Egg (E)	\$3.80
<i>Mayo & lettuce</i>	
Breads (G) White or wholemeal	
Gluten Free Sliced	\$1.50
White Roll	\$1.00
Extras	
Cucumber, beetroot, tomato or lettuce (G)	\$0.80
Ham (O)	
Grilled Chicken (E)	\$2.00
Avocado (G)	\$1.20
Boiled Egg (G)	\$1.00
Hummus (G)	\$0.80
Shredded Tasty Cheese (E)	\$1.20

Other Extras

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

~ SUPER SALAD BAR ~

Greek Salad (E) (GF)	\$5.50
<i>Tomato, cucumber, Spanish onion, pitted olives & feta</i>	
Chicken Caesar Salad (E)	\$5.50
<i>Cos Lettuce, Grilled chicken, Parmesan & Tasty cheese, egg, croutons & dressing</i>	
Ham Salad (E)	\$5.50
<i>Lettuce, tomato, cucumber, beetroot, carrot & dressing</i>	
Garden Salad (E)	\$5.50
<i>Lettuce, tomatoes, cucumber, carrot, beetroot & sprouts with dressing</i>	

~ WRAP BAR ~

<i>Served in Lebanese Bread</i>	$\frac{1}{2}$	Full
Grilled Chicken & Salad (E)	\$3.00	\$6.20
Ham & Salad (E)	\$3.00	\$6.20
Tuna & Salad (E)	\$3.00	\$6.20
Salad & Cheese (E)	\$3.00	\$6.20

~ TURKISH BREADS (E) - \$7.00

Mediterranean – Ham, artichokes, roasted capsicum, olives & feta cheese
Vegetarian – Eggplant, sun-dried tomato, roasted capsicum, avocado, olives & cheese
Chicken – Grilled Chicken breast, sun-dried tomato, avocado & tasty cheese

~ BREAKFAST ~

Pikelets w/ Jam (2) (E)	\$2.00
Custard w/ Fresh Fruit (E)	\$3.00
Toasted Sandwiches (E)	
<i>Cheese</i>	$\frac{1}{2}$ \$1.00
<i>Cheese & tomato</i>	$\frac{1}{2}$ \$1.20
Toasted Lebanese Bread (E)	
<i>Cheese $\frac{1}{2}$</i>	\$1.00
<i>Fruit available daily</i>	
Yoghurt & Fruit Tub (E)	\$4.00
Sliced Watermelon (E)	\$2.00
Fruit Salad (E)	\$4.50
Seasonal Fruit (E)	\$1.50

~SNACKS~

Banana Bread (O)	\$2.00
Homemade Muffins (O) 80gr	\$2.00
<i>(Banana or Blueberries)</i>	

ATT: PARENTS

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Order your Mony Ice block Bucket on our MTB website or ask one of our friendly staff at our MTB Canteens!

www.melstastybites.com

CRUNCH & SIP



Bottle of Water 600ml plus a choice of a banana or Orange

Look out for our Meal Deals throughout the Term!

