## Sandwiches & Melts

**Fresh or Toasted / Brown or White Bread**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Extras/Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolls &amp; Wraps</td>
<td></td>
<td>Extra 50c</td>
</tr>
<tr>
<td>Gluten Free Sliced</td>
<td></td>
<td>Extra $1.50</td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
<td>Extra 50c</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.80</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.70</td>
<td></td>
</tr>
<tr>
<td>Falafel &amp; Salad</td>
<td>$3.70</td>
<td></td>
</tr>
<tr>
<td>Salad</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Tuna &amp; Lettuce</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Chicken, Lettuce &amp; Mayo</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>Egg, Lettuce &amp; Mayo</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Vegemite, Jam or Honey</td>
<td>$2.20</td>
<td></td>
</tr>
</tbody>
</table>

### Salad Boxes - $5.00

- Garden Salad
- Greek Salad
- Chicken Caesar Salad
- Grilled Chicken, Tabouli & Hummus
- Lite Ham & Salad

**Add Extra for**

- Home-made Tabouli $1.00
- Home-made Hummus $0.80
- Boiled Egg $0.80

### Sushi – G

*(WED ONLY)*

- Chicken or Tuna $3.80

**Available Every Day**

### PIZZA - Homemade

- Pizza (Homemade) $4.00

### BURGERS, ROLLS & WRAPS

*(All Homemade)*

- Grilled Chicken Burger $4.50
- Chicken Schnitzel Roll $4.50
- Sweet Chilli Chicken Wrap $4.00
- Hot Cheesy Rolls $2.80

### MEXICAN – All Homemade

- Beef & Bean Nachos $4.50
- Spaghetti Nachos $3.50

### FISH

- 3 x Fish Cocktails & Salad $3.80
- Fish Burger $4.00

### NOODLES

- Chicken or Beef Noodles $3.00

---

### Selected Days Only

**MONDAY**

- Baked Fish & Wedges $4.50

**TUESDAY**

- Wedges w/ Sr Crm & Sweet Chilli $4.00

**WEDNESDAY**

- Spaghetti Bolognese $4.20

**THURSDAY**

- Chicken Snitz, Mash & Gravy $4.50

**FRIDAY**

- 6 x Chicken Nuggets $3.50
- Hot Dog w/ Sauce $3.70

---

### Healthy Food Guidelines

- **G Green**
- **A Amber**
- **R Red**

---

**TOASTED FOCACCIAS & TURKISH BREADS - $5.50**

- Ham, Cheese & Tomato
- Chicken, Avoc, Sun-dried Tomato & Tasty Cheese
- Smoked Salmon, Cream Cheese, Spanish Onion & Capers
- Vegetarian

---

Like our ‘Facebook Page’ to see our Daily & Weekly Specials..

[www.melstastybites.com](http://www.melstastybites.com)

---

**ORDER YOUR LUNCH ONLINE**

[www.melstastybites.com](http://www.melstastybites.com)

---

**We do Birthday Cupcakes & Birthday Ice-Block Buckets !**

Enquire at the Canteen!
Mel’s Tasty Bites
Holy Family Primary Menu 2016

Refreshments
- Oak Flavoured Milk $2.50 (Choc/Straw/Vanilla Malt)
- Spring Water $2.00
- 99% Juice from $2.00 (Apple/Orange/Apple & Blackcurrant)
- Quench Mineral Water $2.50 (Orange/Raspberry/ Lemonade/Lime)
- Hot Chocolate $2.50
- Milkshakes $3.00 (Choc/Straw/Caramel) (needs to be ordered)

Snacks
- Fresh Seasonal Fruit $1.00
- Fruit Kebab $1.00
- Fruit Cup $2.00
- Red Rock Chips $2.00 (Honey & Soy/Sea Salt)
- Yoghurt Tub $2.00
- Custard Cup $1.50
- Custard & Fruit $2.00
- Jelly $1.00
- Jelly & Fresh Fruit $1.50

Coffee & Tea
- Coffee $2.50
- Tea $2.50
- Hot Chocolate $2.50

Like our Facebook Page to view our weekly Specials..
We do Birthday Cupcakes & Birthday Ice-Block Buckets!
Enquire at the Canteen!

Breakfast
- Toasted Cheese Jaffles $1.00
- Bacon & Egg Muffin $2.50

Home-made Treats
- Mel’s Muffins (Variety) $1.50
- Mel’s Cupcakes $1.80
- Mel’s Banana Bread $2.00

Extras
- Lunch Bags .10c
- Spoon/ Fork .10c
- Sauce Portions .30c