

MEL'S TASTY BITES

I would like to introduce myself as "Mel" from Mel's Tasty Bites as your new school canteen operator; we are very excited to be operating St Michael's Primary School's canteen starting Monday 26th June, 2017.

You will find a huge variety of mouth watering options on your new winter canteen menu, which has been sent out to all students and you can also find it on our website.

We welcome all parents to come down to the canteen in the mornings and have a chat & enjoy a freshly baked muffin or perhaps a slice of home-made banana bread.



Just to fill you in a little about what we have on offer for you:

We will have two options for taking lunch orders - Online and over the bench – There is a new system we have introduced to the school canteen for online lunch orders called Flexi Schools. This will start in Term 3 2017. You will need to register first. This service is purely for Lunch orders only.

To Register please go to www.flexischools.com.au

If you order Hot Noodles, a drink or an ice block, you will need to return to the canteen to pick these up with your lunch bag that will be placed in the lunch basket, due to OH&S regulations.

- We also have an account system, where it runs on credit, you can leave \$25 or more on your own personal account at the canteen, that way your child will never have to miss out on recess or a treat at lunch time. You can also let us know if there are certain items you do not wish your child to purchase. This is a separate account to Flexi Schools.
- We have a Loyalty Card System, every time your child places a lunch order at the canteen, they will receive a stamp on their card, once they reach 10 stamps, they will receive a FREE lunch to the value of \$5.00... How cool is that? So be sure to pick up your loyalty card with your first lunch order at the canteen.
- If your child has an allergy, you will find on our website home page, a link at the bottom of the page where you can download a copy of the foods we have on offer if your child has a certain allergy and of course if there is anything else we can help you with, please feel free to email me at info@melstastybites.com.

Not sure what to do for your child's upcoming birthday?

- We make fresh and homemade cupcakes for your special birthday girl or boy to share their special day with their friends at school. Place your order within 72 hours and a gorgeous tray of cupcakes will be ready for pick up for your little ones special day.
- In summer, we also have a birthday bucket filled with '99% Fruit Juice Quelch Ice sticks' for a Student to share with their class on their special day...

We offer many more services, and have specials throughout the week so be sure to stay tuned by Liking our Facebook Page and visiting our website often. If you have any questions, please don't hesitate to contact us via our email below.

Looking forward to meeting you all on Monday 26th June 2017.

Mel

www.melstastybites.com / info@melstastybites.com

2017

SCHOOL CANTEEN

ST MICHAEL'S PRIMARY SCHOOL

WINTER MENU

SANDWICH BAR (Fresh or Toasted)

Breads (G) White, Wholemeal or Multigrain

Vegemite, Jam or Honey	\$2.20	A
Curried Egg	\$3.50	G
Egg, lettuce & mayo	\$3.50	G
Ham, cheese & tomato	\$3.60	G
Ham & Cheese	\$3.60	G
Ham & Tomato	\$3.60	G
Ham & Salad	\$4.00	G
Chicken & mayo	\$3.60	G
Chicken, lettuce & mayo	\$4.00	G
Salad	\$3.50	G
<i>(Beetroot, lettuce, carrot, tomato & cucumber)</i>		
Tuna & sweet Chilli	\$3.50	G
Tuna, lettuce & mayo	\$3.50	G
Tuna & Salad	\$4.00	G

SUPER SALAD BOXES

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
Lunch Bag	\$0.20	
Spoon/Fork	\$0.20	
Sauce Portions	\$0.30	

TURKISH BREADS - GH

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

HOME MADE BURGERS - G

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

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
5 x Baked Fish Fingers	\$2.50	G
Garlic Bread Roll	\$2.50	G
Baked Fish & Wedges	\$4.50	G
3 x Yummy Drummys	\$3.60	A
Yummy Drummy Roll	\$4.50	A
Curry Chicken & Rice	\$4.50	G

NOODLES - A

Beef	\$3.20
Chicken	\$3.20

HOME MADE PIZZA – G

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

WEEKLY SPECIALS

MONDAY

Chicken Fried Rice	\$4.50	G
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THURSDAY

Macaroni Cheese Bake	\$4.30	G
Lasagne	\$4.50	G

TUESDAY

Creamy Chicken Mushroom Pasta	\$4.50	G
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FRIDAY

Hot Dog w/ Sauce (Tom/bbq)	\$3.70	A
Chicken Breast Nugget (5)	\$4.00	A
3 x Beef Party Pies	\$3.60	A
Spaghetti Bolognese	\$4.50	G

WEDNESDAY

Chicken Schnitzel, Mash & Gravy	\$4.80	G
Gourmet Beef Pie	\$3.50	A
Gourmet Sausage Roll	\$3.50	A

HEALTHY FOOD GUIDELINES

G – Green A – Amber

2017

SCHOOL CANTEEN

ST MICHAEL'S PRIMARY SCHOOL

BREAKFAST

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

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	

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	
Mamee Cornitos & Rice Sticks	\$2.00 A

BIRTHDAYS - CUPCAKES OR ICE-BLOCK BUCKETS
ENQUIRE WITHIN CANTEEN

LUNCH ORDERS MUST BE IN BY 8.45AM

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-Cream	\$1.50 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 \$2.50
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