MELVILLE SENIOR HIGH SCHOOL CANTEEN

# megabites

PACKED WITH GOODNESS

MENU

SPECIAL DIETARY NEEDS

PRE-ORDER ONLINE OR BEFORE SCHOOL ONLY PLEASE.

| | | |
|---|---|---|
| GLUTEN FREE RECESS | YOGHURT CUP | 2 |
| | FRUIT SALAD | 2.5 |
| | CHOC CHIA PUDDING | 2.5 |
| | SUSHI HANDROLL | 3 |
| | GLUTEN FREE MUFFINS | 2.5 |
| | SWEET & SALTY POPCORN | 1 |
| | CHICKEN DRUMSTICK | 2 |
| GLUTEN FREE LUNCHES | SANDWICHES, WRAPS AND ROLLS CAN BE MADE ON GLUTEN FRE BREAD | 4<br>5.5<br>6 |
| | GOURMET MELTS AVAILABLE ON GLUTEN FREE PANINI | 6 |
| SUSHI | CHICKEN , TUNA AND VEGETARIAN ARE ALL GLUTEN FREE | 5.5 |
| PIZZA | MARGARITA/HAM & CHEESE/WEEKLY SPECIAL | 5.5 |
| PASTA | BOLOGNASE AND NAPOLITANA ON GLUTEN FREE PASTA | 5.5 |
| SALADS | CHICKEN NOODLE | 5 |
| | GARDEN | 5 |
| | ROAST VEGE | 5 |
| | BROWN RICE & QUINOA | 5 |

DAILY RECESS AND LUNCH SPECIALS CAN BE GLUTEN FREE

| | |
|---|---|
| mon | AMERICAN |
| tue | EUROPEAN |
| wed | MEXICAN |
| Thu | ASIAN |
| fri | AUSTRALIAN |

| | | |
|---|---|---|
| DRINKS | CARTON & CO FILTERED WATER | 2 |
| | SPARKLING WATER | 1.5 |
| | PLAIN MILK | 1.5 |
| | WEEKLY SMOOTHIE | 2.5 |
| | ICED MOCHA | 2.5 |
| | WEEKLY MILKSHAKE | 3 |
| | APPLE/ORANGE JUICE | 2.5 |
| | WEEKLY ICED TEA | 2.5 |

ALL FOOD ITEMS FROM THIS MENU MUST BE PRE-ORDERED, ONLINE OR OVER THE COUNTER BEFORE SCHOOL AS THEY ARE ALL MADE TO ORDER.

THANK YOU FOR YOUR UNDERSTANDING

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| VEGETARIAN RECESS | FRUIT SALAD | 2.5 |
| | VEGE OR SALAD WRAP | 5 |
| | VEGE SUSHI HANDROLL | 3 |
| | TRAIL MIX | 1.5 |
| | MUFFINS | 2.5 |
| | CHEESIES | 2 |
| | NEPOLETANA PASTA CUPS | 4.5 |
| VEGETARIAN RECESS & LUNCH OPTIONS | SALAD SANDWICH, ROLL OR WRAP | 4/4.5/4.5 |
| | EGG & SALAD SANDWICH/ROLL/WRAP | 4.5/5/5 |
| | CHEESE&SALAD S/WICH, ROLL /WRAP | 4.5/5/5 |
| | ROAST VEGE TURKISH MELT | 5.5 |
| | GRILLED VEGE TURKISH MELT | 5.5 |
| | VEGETABLE SUSHI | 5.5 |
| | MARGARITA PIZZA | 5 |
| | GARDEN SALAD | 4 |
| | GARDEN SALAD WITH EGG OR CHEESE | 5 |
| | ROAST VEGE SALAD | 5 |
| | BROWN RICE & QUINOA SALAD | 5 |
| | WE OFTEN INCLUDE A VEGETARIAN OPTION FOR THE DAILY LUNCH SPECIALS | |
| VEGAN RECESS AND LUNCH | VEGAN CHEESIES | 2.5 |
| | VEGAN MUFFINS | 2.5 |
| | PASTA CUPS WITH VEGAN CHEESE | 5.5 |
| | PIZZA WITH VEGAN CHEESE | 5.5 |
| | SANWICHES/MELTS/PANINI WITH VEGAN CHEESE | 5/5.5/5.5 |
| | DAILY SPACAILS ARE OCCASIONALLY VEGAN. | |
| | WATER, JUICE AND T2 ICE TEA DRINKS ARE VEGAN. | 2/2.5/2/5 |
| | FRUIT BASED ICEPOPS ARE SORBETS ARE ALSO VEGAN | 1.5/2.5 |

FOLLOW US ON INSTAGRAM FOOD FOR THOUGHT

## ABOUT US

Megabites is operated and run by a team of passionate staff and volunteers.

All of our food is homemade or sourced from local small businesses, using fresh wholesome produce served in 100% biodegradable packaging.

Feedback, suggestions and dietary requirements are welcome.