Mel’s Tasty Bites

Our Lady of Lourdes Primary Menu 2016

Breakfast
Toasted Cheese Jaffles $1.00 G
Bacon & Egg Muffin $2.50 A
Scrambled Eggs on $1.00 G
Toast (1)
Toast (1) $1.00 G
(Jam or Vegemite)

Snacks
Fresh Fruit From $1.00 G
Red Rock Chips $1.50 A
Grain waves $1.50 A
Yoghurt Tub $2.00 G
Custard & Fruit $1.50 G
Jelly & Fresh Fruit $1.50 G

Refreshments & Winter Warmers
Oak Flavoured Milk $2.00 G
Spring Water $2.00 G
99% Juice from $2.00 G
Quench Mineral Water $2.00 G
Hot Chocolate $2.00 G

Coffee & Tea
(Staff & Parents only)
Coffee $2.50
Tea $2.50
Chai Tea $2.50
Hot Chocolate $2.00

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

Home-made Treats
Mel’s Muffins (Variety) from $1.00 A
Mel’s Banana Bread $2.00 A

Frozen Treats
Juice Cups (Orange/Apple -99%) $1.50 A
Sundaes w/ Flavouring $1.50 A
Icy Pops (Rasp/Lemonade) $1.20 A
Home Ice-Cream from $1.20 A
Frozen Yoghurt $2.00 G

Healthy Food Guidelines
G Green A AMBER R RED

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