

2025

SCHOOL CANTEEN

Arthur Phillip High School

SUMMER MENU

SANDWICH BAR

Breads (G) White, Wholemeal or Multigrain

Falafel & Salad	\$4.50 G
Curried Egg	\$4.00 G
Egg, lettuce & mayo	\$4.00 G
Ham, cheese & tomato	\$4.50 G
Creamy Chicken & lettuce	\$5.00 G
Chicken Schnitzel, lettuce & mayo	\$5.00 G
Salad	\$4.50 G

(Beetroot, lettuce, carrot, tomato & cucumber)

TURKISH BREADS - G

Chicken Schnitzel	\$6.50
<i>Chicken Schnitzel, rocket, roast capsicum & cheese</i>	
HCT	\$6.50
<i>Ham, tasty cheese & tomato</i>	
Haloumi	\$6.50
<i>Grilled haloumi, lettuce, tomato, Spanish onion & house sauce</i>	
Vegetarian	\$6.50
<i>Eggplant, roast capsicum, olives, artichokes, tomato & hummus</i>	

Rolls & Wraps

Extra \$1.00

Gluten Free Sliced

Extra \$2.00

SUPER SALAD BOXES - \$6.00 G

Greek

Tomato, Cucumber, Spanish onion, Pitted Olives, Greek Feta

Tortellini Pesto Pumpkin

Spinach & ricotta tortellini, roasted pumpkin & chickpeas

Chicken Buster

Grilled Chicken, Tabouli & Hummus

Mexican Chicken

Chicken breast, rice, beans, chipotle peppers, Mexican salsa

Italian Penne salad

Penne pasta, roasted eggplant, sun-dried tomato, shallots & feta cheese

Glass Noodles w/Asian Veg

Vermicelli noodles, fresh vegetables with herbs & sesame oil dressing

Lentil Salad

Lentils, couscous, chickpeas, fresh vegetables & herbs in a citrus dressing

EXTRAS

Avocado	\$1.00 G
Boiled Egg	\$1.00 G
Tabbouleh	\$1.20 G
Hummus	\$1.00 G
Ham	\$1.00 G
Grilled Chicken	\$2.00 G
Spoon/Fork	\$0.10
Sauce Portions	\$0.50

MEL'S TASTY BITES
HEALTHY CANTEEN
OPERATORS
www.melstastybites.com

HOMEMADE BURGERS/ROLLS & WRAPS - G

Grilled Chicken Burger	\$5.50
Chicken Schnitzel Roll	\$6.00
Big Beef Burger	\$5.50
Vegetarian Burger	\$5.50
Fish Burger	\$5.50
Chicken Fillet Burger	\$5.50
Chicken Kebab Wrap	\$6.00
Kefta, Tabouleh & hummus Wrap	\$6.00

HOMEMADE HOT BAR

Selected Daily Specials

Honey & Soy Wings w/ Rice	\$6.00 G
Spaghetti Bolognese	\$5.50 G
Ravioli Napolitano	\$6.00 G
Spinach & Feta Roll	\$5.00 G
Bacon & Egg Roll	\$6.00 A
Fettuccine Boscaiola	\$6.00 G
Chicken & Hokkien Noodles	\$6.00 G
Lasagne	\$6.00 G
Hot Cheesy Roll	\$4.00 G
Beef Stroganoff w/ Rice	\$6.00 G

HOMEMADE MEXICAN - G

Beef & Bean Nachos	\$5.50
Chicken Burrito	\$5.50
Beef Burrito	\$5.50
Empanada (Beef)	\$4.50

HOMEMADE PIZZA - G

Ham & Cheese	\$4.50
Cheese	\$4.50
BBQ Chicken	\$4.50

WEEKLY SPECIALS

MONDAY

Butter Chicken & Rice	\$6.00 GH
Steak Roll	\$6.00 GH
Wedges	\$6.00 A

(Sour cream & sweet Chilli)

THURSDAY

American Hot Dog	\$5.00 A
Sushi (Chicken or Tuna)	\$5.50 G
Creamy Chicken Mushroom Pasta	\$5.50 GH
Rice Paper Rolls (Vegetarian)	\$5.50 G

TUESDAY

Sushi (Chicken or Tuna)	\$5.50 G
Penne Bolognese	\$5.50 GH
Chicken Schnitzel, Mash & Gravy	\$5.50 GH

FRIDAY

Gourmet Pies (Beef & Chicken)	\$5.00 A
Gourmet Sausage Roll	\$5.00 A
Fish & Chips or Salad	\$6.50 A
Calamari Chips or Salad	\$6.50 A

WEDNESDAY

Chicken Fried Rice	\$5.50 GH
Curry Chicken & Rice	\$6.00 GH
Cheeseburger	\$5.50 GH

Halal Food choices are all Certified

G - Green A - Amber H - Homemade

2025

SCHOOL CANTEEN

ARTHUR PHILLIP HIGH SCHOOL

Breakfast

Yoghurt & Muesli	\$4.50
Fruit Salad	\$5.00
Toasted Sandwiches	from \$3.50

Snacks

Chips	from \$3.00
Chocolate Bars	\$3.00
Choc Chip Cookies	\$4.00
Health Bars	\$4.00

LUNCH ORDERS MUST BE IN BY 9.15AM

DAILY SPECIALS

Please check board for Daily Specials



Mel's Tasty Bites

Healthy Canteen Operators & Catering Services

FROZEN TREATS

Streets Ice-cream	from \$3.00 A
Peters Ice Cream	from \$3.00 A
Vanilla Ice Cream Cup	\$2.50 A

DESSERTS

Mel's Toasted Banana Bread	\$3.50
Mel's Low Fat Muffins	\$4.00
Chocolate Mousse	\$4.00
Biscoff Cheesecake	\$4.00

COFFEE & TEA

COMING SOON.....

\$3.50 – Small

\$4.00 – Large

DRINKS

Flavoured Milk 350ml	\$3.50
Ice Break	\$4.50
Spring Water	\$2.50
Flavoured Mineral Water	\$4.50
Juices	\$4.00
Iced Tea	\$4.50
Cans	\$3.00