

BSHS Canteen Menu

Term 4, 2018

Breakfast

TO START THE DAY

Bacon & Egg Muffin	\$3.50
Ham & Cheese Toastie	\$3.50
Cheese & Tomato Toastie (V)	\$3.50
Raisin Toast 1" Thick (V)	\$1.50
Yoghurt, Berry & Muesli Crunch (V)	\$3.50

BREAKFAST COMBO DEAL

Bacon & Egg Muffin & Brekka Flavoured Milk 300ml	\$5.50
Raisin Toast & Brekka Flavoured Milk 300ml	\$3.00
Toasted Sandwich & Brekka Flavoured Milk 300ml	\$5.50

Lunch Specials

WHEN HUNGER STRIKES

Small \$4 / Large \$6

MONDAY

Snack Pack with Chicken or Lamb	\$6.00
Meat Balls With BBQ Sauce	\$4.50
Penne - Napoletana w/Chicken (V) - Small/Large	\$4.50/\$6.00

TUESDAY

Beef Lasagne	\$5.50
Vegetarian Lasagne (V)	\$5.50
Chicken Teriyaki with Rice - Small/Large	\$4.50/\$6.00
Chicken Schnitzel Burger	\$5.50

WEDNESDAY

PIZZA - Ham & Pineapple	\$4.50
- BBQ Meatlovers	\$4.50
- Margherita (V)	\$4.50
Spaghetti Bolognese	\$4.50/\$6.00
BLT (Bacon, Lettuce, Tomato with Aioli)	\$5.00

THURSDAY

Fish & Wedges	\$5.00
Nachos - Chilli Con Carne	\$5.00
Nachos - Vegetarian (V)	\$5.00
Stirfry Hokkien Noodle with Chicken	\$4.50/\$6.00

FRIDAY

Beef Burger w/Cheese (H)	\$5.50
* Vegetarian Burger w/cheese (V)	\$5.50
Butter Chicken	\$6.50
Fettucine Boscaiola - Small/Large	\$4.50/\$6.00

Please Note:

(H) Halal
(V) Vegetarian
(VG) Vegan
(GF) Gluten Free

Available All Day

SANDWICHES, ROLLS & WRAPS

Varieties may change daily.

SANDWICHES

Tasty Cheese, Avocado & Salad	\$4.00
Chicken, Semi-Dried Tomato & Guacamole	\$4.00
Egg & Lettuce	\$3.50
Ham, Cheese & Tomato	\$3.50

TO KEEP YOU WARM

TOASTED SANDWICHES & ROLLS

Chicken & Cheese (H)	\$3.50
Cheese & Tomato (V)	\$3.50
Ham & Cheese	\$3.50
Hot & Spicy Chicken Sub	\$4.00
Toasted Chicken Focaccia	\$5.00
Toasted Mediterranean Roll (V) (semi-dried tomato, eggplant, roast capsicum, feta, red onion & grated cheese)	\$5.00

MORE WARM CHOICES

Healthy Sausage Rolls	\$3.00
Dumplings - Vegetarian Pk 5 (V)	\$3.50
Dumplings Pork & Chive Pk 6	\$3.50

SUSHI & SALADS

SUSHI

Various Daily Choices	\$3.50
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SALADS

Greek Salad	\$5.00
Chicken Caesar Salad	\$5.00
Fresh Fruit Salad - Various Daily Choices	\$3.50

A LITTLE EXTRA

Greek Yoghurt with Berries & Muesli	\$3.50
Chia Pudding with Berries & Muesli (VG)	\$3.50
Banana Bread	\$2.50
Muffins (Blueberry, Apple Cinnamon, Orange & Poppy Seed)	\$2.70

Sauces - BBQ, Tomato, Mustard	0.30c
Sweet Chilli or Soy Sauce	each

Please note:

My Student Card on-line Statement provides itemised details of all purchases made on card.

Beverages & Extras

FROM THE FRIDGE

MILK	
Plain Milk 500ml	\$2.00
Plain Milk Lite 500ml	\$2.00
Breaka Chocolate - 300ml	\$2.50
Breaka Strawberry - 300ml	\$2.50
Ice Break Coffee - 320ml	\$2.50
Ice Break Coffee - 500ml	\$3.50
Breaka Chocolate - 500ml	\$3.50
Breaka Strawberry - 500ml	\$3.50
Breaka Coffee - 500ml	\$3.50
OAK Vanilla - 600ml	\$3.50
OAK Chocolate - 600ml	\$3.50
Just Natural 98% Fat Free Malt, Choc & Honey - 500ml	\$3.50
Just Natural 98% Fat Free Banana & Honey - 500ml	\$3.50

UP & GO 350 ML	
Chocolate	\$3.50
Strawberry	\$3.50
UP & GO 500 ML	
	\$4.50

EMMA & TOM'S FLAVOURED MILK (NO SUGAR)	
Chocolate	\$3.50
Coffee	\$3.50

IMPRESSED - FRUIT JUICES	
Jack Rose	\$4.50
Sunny Side Up	\$4.50
Summer Green	\$4.50

WATERFORD MINERAL WATERS	
Raspberry Lite	\$3.00
Apple Berry	\$3.00
Orange/Mango	\$3.00
Passionfruit Lite	\$3.00
Orange/Passionfruit	\$3.00

LITTLE EXTRAS

TISSUES	
	\$1.00
STATIONERY	
<i>A range of stationery items are available for purchase from the canteens:</i>	Various prices
- Pens	
- Pencils	
- Erasers	
- A4 Exercise Books	
- Protractors, etc.	
* Please purchase at canteens before school.	

WATER	
Water 600ml	\$2.00
Sparkling Water	\$2.20
Water 1.5 Litre	\$3.50
Water 750 ML	\$3.00

JUICES	
So Juicy 100% Juice 300ml	
Orange	\$3.00
Apple	\$3.00

EMMA & TOMS 100% - SMOOTHIES	
Radical Action	\$4.00
Karma Rama	\$4.00
ORGANIC Kumbucha Organic Drink 350ml	\$4.50

EMMA & TOMS 100% - JUICES	
Cold Pressed Cloudy Apple Juice Squeezed - Orange	\$4.50
	\$4.50

VIVALOE - PEACH	
	\$3.50

OVI HYDRATION 350 ml	
Peach	\$3.50
Lychee	\$3.50

LIPTON ICE TEA 500ml	
Peach Light	\$3.50
Lemon	\$3.50

OH SPARKLING LOW SUGER	
Peach	\$2.50
Grape	\$2.50
Lychee	\$2.50

KRAZY LEMON 200ml	
	\$2.00

OCCASIONAL SNACKS

RED ROCK DELI CHIPS	
- Honey/Soy Chicken or Sea Salt	\$1.50
SMITHS CHIPS	
- Original or Salt & Vinegar	\$1.50
- Grain Waves - Sour Cream & Chives	\$1.50
Ajita Vege Chips	\$1.50
Cheese & Crackers	\$2.00

SNAPS - Gluten Free & Vegetarian (GF) (V)	
Oregano & Thyme	\$1.50
BBQ	\$1.50
Salsa	\$1.50

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