

# BSHS Canteen Menu

Term 1, 2019

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Available All Day

### TO START THE DAY

Bacon & Egg Muffin	\$4.00
Ham & Cheese Toastie	\$4.00
Cheese & Tomato Toastie (V)	\$4.00
Hash Brown Potato	\$1.50
Yoghurt, Berry & Muesli Crunch (V)	\$4.00

### BREAKFAST COMBO DEAL

Bacon & Egg Muffin & Breaka Milk 300ml	\$6.00
Toasted Sandwich & Breaka Milk 300ml	\$6.00

### Lunch Specials

#### WHEN HUNGER STRIKES

Small \$4.50 / Large \$6.50

#### MONDAY

Butter Chicken with Rice	\$6.50
Classic Chicken Schnitzel Burger	\$5.50
Beef Ravioli with Tomato Sauce - <b>Small/Large</b>	\$4.50/\$6.50
Spinach and Ricotta Ravioli - <b>Small/Large</b>	\$4.50/\$6.50

#### TUESDAY

Beef Lasagne	\$5.75
Cheese Macaroni	\$5.75
Chicken Teriyaki with Rice - <b>Small/Large</b>	\$4.50/\$6.50
Summer Sunset Beef Burger with Cheese (H)	\$5.50

#### WEDNESDAY

Pizza Hut Pizza Slice - Hawaiian	\$4.50
- BBQ Meatlovers	\$4.50
- Margherita (V)	\$4.50
Spaghetti Bolognese - <b>Small/Large</b>	\$4.50/\$6.50
BLT (Bacon, Lettuce, Tomato & Aioli)	\$5.00

#### THURSDAY

Fish & Wedges	\$5.50
Nachos - Chilli Con Carne	\$6.00
Nachos - Vegetarian (V)	\$6.00
Stir Fry Hokkien Noodle with Chicken- <b>Small/Large</b>	\$4.50/\$6.50

#### FRIDAY

Queenslander Beef Burger w/Cheese (H)	\$6.00
Vegetarian Burger w/ cheese (V)	\$6.00
Healthy Snack Pack with Chicken or Lamb	\$6.50
Fettucine Boscaiola - <b>Small/Large</b>	\$4.50/\$6.50
Vilis Gourmet Steak Pie	\$4.50

(H) Halal

(V) Vegetarian

(VG) Vegan

(GF) Gluten Free

### SANDWICHES

Varieties may change daily.

#### SANDWICHES

Tasty Cheese, Avocado & Salad	\$4.50
Chicken Ceasar Sandwich	\$4.50
Egg & Lettuce	\$4.50
Ham, Cheese & Tomato	\$4.50

### TO KEEP YOU WARM

#### TOASTED SANDWICHES & ROLLS

Chicken & Cheese	\$4.00
Cheese & Tomato (V)	\$4.00
Ham & Cheese	\$4.00
Hot & Spicy Chicken Sub	\$4.00
Toasted Mediterranean Roll (V)	\$4.00

### MORE WARM CHOICES

Vilis Sussage Roll	\$3.50
Dimsim (V)	\$4.00
Dumplings Chicken & Mushrooms	\$4.00
Potato wedges or Gems	\$3.00

### SUSHI

#### SUSHI

Various Daily Choices	\$3.50
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### SALADS

Greek Salad	\$5.50
Chicken Caesar Salad	\$5.50
Mediterranean Salad	\$5.50
Fresh Fruit Salad - Various Daily Choices	\$3.90

### A LITTLE EXTRA

Greek Yoghurt with Berries & Muesli	\$4.00
Chia Pudding with Berries & Muesli (VG)	\$4.00
Sliced Banana Bread	\$2.50
Sliced Banana Bread (GF)	\$2.90
Muffins (Blueberry, Apple Cinnamon, Orange & Poppy Seed)	\$2.90
Protein Health bar varieties	\$3.50
<b>Sauces</b> - BBQ, Tomato, Mustard	\$0.30
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	\$2.75
Breaka Strawberry - 300ml	\$2.75
Ice Break Coffee - 320ml	\$2.75
Ice Break Coffee - 500ml	\$3.75
Breaka Chocolate - 500ml	\$3.75
Breaka Strawberry - 500ml	\$3.75
Breaka Coffee - 500ml	\$3.75
OAK Vanilla - 600ml	\$3.75
OAK Chocolate - 600ml	\$3.75

### UP & GO 350ml

Chocolate	\$3.50
Strawberry	\$3.50

<b>UP &amp; GO 500ml</b>	\$4.50
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### Speciality Milk

So Good Soy Milk	\$4.50
Almond Milk	\$4.50
Zymil (lactose free)	\$4.50

### IMPRESSED - FRUIT JUICES

Jack Rose	\$4.50
Sunny Side Up	\$4.50
Summer Green	\$4.50

### WATERFORD MINERAL WATERS

Raspberry Lite	\$3.50
Apple Berry	\$3.50
Orange/Mango	\$3.50
Passionfruit Lite	\$3.50
Orange/Passionfruit	\$3.50

## LITTLE EXTRAS

<b>TISSUES</b>	\$1.00
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### 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 1.5L	\$3.50
Water 750ml	\$3.00

### JUICES

#### So Juicy 100% Juice 300ml

Orange	\$3.00
Apple	\$3.00

### EMMA & TOMS 100% - SMOOTHIES

Radical Action	\$4.50
Karma Rama	\$4.50

### EMMA & TOMS 100% - JUICES

Cold Pressed Cloudy Apple	\$4.50
Juice Squeezed - Orange	\$4.50

<b>ORGANIC Kumbucha Organic Drink 350ml</b>	\$4.50
<b>Amplify Lemon &amp; Ginger</b>	\$4.50

### OVI HYDERATION 350 ml

Peach	\$3.75
Lychee	\$3.75

### LIPTON ICE TEA 500ml

Peach Light	\$3.75
Lemon	\$3.75

### OH SPARKLING LOW SUGER

<i>Peach</i>	\$2.50
Grape	\$2.50
Lychee	\$2.50

<b>KRAZY LEMON 200ml</b>	\$2.00
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## OCCASIONAL SNACKS

### RED ROCK DELI CHIPS

- Honey/Soy Chicken or Sea Salt	\$1.50
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### 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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