

BSHS Canteen Menu

Term 3, 2020

Breakfast

Available All Day

TO START THE DAY

Bacon & Egg Rolls	\$4.50
Ham & Cheese Toastie	\$4.00
Cheese & Tomato Toastie (V)	\$4.00
Hash Brown Potato	\$1.00
Yoghurt, Berry & Muesli Crunch (V)	\$4.00
CEREAL BOWL WITH MILK	
Coco Pops Sachet 35gm with 100ml milk	\$2.00
Nutri Grain Sachet 35gm with 100ml milk	\$2.00
Wheetbix Sachet 30gm with 100ml milk	\$2.00
Hot Chocolate with Milk	\$2.00

Lunch Specials

WHEN HUNGER STRIKES Small \$4.50 / Large \$6.50

MONDAY

Crispy Chicken & Chips with Sauce	\$6.50
Classic Chicken Caesar Burger	\$6.00
Meatball Pasta with Tomato Sauce - Small/Large	\$4.50/\$6.50

TUESDAY

Beef Lasagne	\$5.50
Creamy Cheesy Baked Potato	\$5.00
Chicken Teriyaki with Rice - Small/Large	\$4.50/\$6.50
BSHS Beef Burger with Cheese (H)	\$6.00

WEDNESDAY

Pizza Hut 1/4 Pizza - BBQ Chicken (H)	\$4.00
- BBQ Meatlovers	\$4.00
- Cheese Lover (V)	\$4.00
Spaghetti Bolognese - Small/Large	\$4.50/\$6.50
Crispy Chicken Wrap with Sweet Chilli Sauce	\$4.00

THURSDAY

Fish & Wedges	\$5.00
Nachos - Chilli Con Carne	\$6.00
Nachos - Vegetarian (V)	\$6.00
Chicken Stir Fried Hokkien Noodles	\$4.50/\$6.50

FRIDAY

Queenslander Beef Burger w/ Cheese (H)	\$6.00
Vegetarian Burger w/ cheese (V)	\$6.00
Butter Chicken with Rice (H)(GF)	\$6.50
Beef Burrito Bowl with white Rice & Corn Chips	\$7.50
Vilis Gourmet Steak Pie	\$4.50

(H) Halal
(V) Vegetarian
(VG) Vegan (DF) Dairy Free
(GF) Gluten Free (NF) Nut Free

SANDWICHES

Varieties may change daily.

SANDWICHES

Tasty Cheese, Avocado & Salad	\$5.00
Chicken Caesar Sandwich	\$5.00
Egg & Lettuce	\$5.00
Ham, Cheese & Tomato	\$5.00
BAGEL	
Cheese Salad Bagel (V)	\$4.00
Bacon Lettuce & Tomato with Aioli Sauce	\$4.50

TO KEEP YOU WARM

TOASTED SANDWICHES, SUB & TURKISH BREAD

Chicken & Cheese (H)	\$4.00
Cheese & Tomato (V)	\$4.00
Ham & Cheese	\$4.00
Hot & Spicy Chicken Sub	\$4.00
Toasted Mediterranean Turkish Bread (V)	\$5.50

MORE WARM CHOICES

Noodle Cup	\$2.50
Dimsim (V)	\$4.00
Dumplings	\$4.00
Potato Gems (V)	\$3.00

SUSHI

SUSHI

Various Choices (Chicken Katsu, Tuna Avo, Prawn Tempura and Avo)	\$3.50
Rice Paper Roll (VG)	\$6.00

SALADS

Greek Salad	\$6.00
Chicken Caesar Salad	\$6.00
Seasonal Salad/Pasta Salad	\$6.00
Seasonal Fruit Salad	\$4.00
Watermelon Tub	\$4.00

GRAB N GO (Special dietary requirement)

Greek Yoghurt with Berries & Muesli (V)	\$4.00
Chia Pudding with Berries & Muesli (VG)(DF)	\$4.00
Orange & Almond Cake Slice (GF)(DF)	\$4.00
Sliced Banana Bread (V)	\$3.00
Sara Lee Muffins Blueberry, Chocolate (V)	\$2.50
Protein Health Bar Varieties (GF)(VG)(NF)	\$3.50
Cheese & Crackers (V)	\$2.00
Byron Bay Cookie (V)(GF)(VG)(H)	\$3.50

Please note:

My Student Card online 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

FLAVORED MILK

Breaka Chocolate - 300ml	\$2.50
Breaka Chocolate - 500ml	\$4.00
Breaka Strawberry - 500ml	\$4.00
Breaka Coffee - 500ml	\$4.00
OAK Vanilla - 600ml	\$4.00
OAK Chocolate - 600ml	\$4.00

ICE COFFEE

Ice Break Coffee - 500ml	\$3.50
Dare Coffee 500ml	\$3.50
Dare Double Espresso	\$3.50
Chocolate	\$3.50
Strawberry	\$3.50

UP & GO 350ml

Chocolate	\$3.50
Strawberry	\$3.50
Vanilla	\$3.50

UP & GO 500ml

Chocolate	\$5.00
Strawberry	\$5.00
Vanilla	\$5.00

Speciality Milk

So Good Soy Milk	\$3.00
Almond Milk	\$4.00
Zymil (lactose free)	\$4.00

LIPTON ICE TEA 500ml

Peach Light	\$3.80
Lemon	\$3.80
Raspberry	\$3.80

LITTLE EXTRAS

Tissues	\$1.00
Haand Sanitizer 50 ml	\$3.00

STATIONERY

A range of stationery items are available for purchase from the canteens:

- Pens
- Pencils
- Erasers
- A4 Exercise Books
- Protractors, etc.

Various prices

WATER

Water - 600ml	\$2.00
Sparkling Water	\$2.20
Water 1.5L	\$3.50
Water 750ml	\$2.00

JUICE & SMOOTHIES

THE DAILY JUICE

Daily Juice Apple - 500ml	\$3.50
Daily Juice Breakfast - 500ml	\$3.50
Daily Juice Orange - 500ml	\$3.50

EMMA & TOMS 100% JUICE

Radical Action	\$4.00
Karma Rama	\$4.00
Cold Pressed Cloudy Apple	\$4.00
Juice Squeezed - Orange	\$4.00
Quencher Raspberry	\$4.00

BOOST & GROOVE JUICE

Boost Green Recover 350ml	\$4.00
Boost Energy Lift 350ml	\$4.00
Boost All Berry Bang 350ml	\$4.00
Groove Signature Cloudy Apple 350ml	\$4.00
Groove Signature Orange with Pulp 350ml	\$4.00

WATERFORD MINERAL WATERS

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

COCONUT WATER

H2COCO 300ml	\$3.50
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HEALTHY SLUSH (QAST Approved)

Fruit Juice Slush 200ml	\$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

KETTLE POP CORN

Sea Salt & Caramal	\$1.50
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SNAPS - Gluten Free & Vegetarian (GF) (V)

Oregano & Thyme	\$1.50
BBQ	\$1.50
Salsa	\$1.50

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