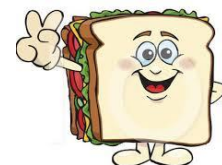




BELROSE PUBLIC SCHOOL CANTEEN MENU – Term 1 2021



Monday, Wednesday and Friday – Recess counter sales and Lunch.
 Orders taken online only through Flexischools.com.au – cut-off for orders is 9am.
 The canteen volunteer roster will be advertised in the school newsletter. We rely on volunteer support to be viable – no experience is necessary as Lee will provide training.

Lunch and Hot Food - Mon, Wed & Fri

Sandwiches/ Rolls

Wholemeal or white sandwich (Bread roll 50c extra)	
- Vegemite/ Honey	\$2.50
- Cheese	\$3.00
- Ham and Cheese	\$3.50

Salad Roll

White roll with cucumber and tomato	\$3.50
- With Ham/Cheese	\$4.00
- With Ham and Cheese	\$4.50

Hot Meals

Good Food Hero meals are nutritious, healthy meals that taste great and are egg and nut free - large

220g serves

- Bolognaise Pasta Bake	\$5.00
- Macaroni Cheese	\$5.00
- Butter Chicken with Rice	\$5.00

Good Tucker Sausage roll - whole 110g	\$3.00
Good Tucker Sausage roll - half 55g	\$1.80
Steggles Crumbed Chicken Tender	\$1.70
Steggles Chicken Tender with Bread	\$1.90
Tomato Sauce	\$0.30

Monday and Wednesday Specials

Bento box with watermelon, baby tomatoes, cucumber and either:

Cheese and rice crackers	\$4.00
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Sandwich with choice of filling:

- Vegemite/ Cheese	\$4.50
- Ham and Cheese	\$4.80

Homemade pizza

- Cheese/ Cheese and Pineapple	\$2.50
- Ham and cheese	\$3.00
- Ham, Cheese and Pineapple	\$3.00

Friday Specials

Sushi delivered fresh from Forestway Sushi Bar

Mini cucumber (9pc)	\$4.50
Mini avocado (9pc)	\$4.50
Mini cooked tuna (9pc)	\$4.50
Large teriyaki chicken (1pc)	\$4.00
Large cooked tuna (1pc)	\$4.00

Snacks

Cheese Melt	\$1.00
Hakka Steamed Pork Dim Sim	\$1.00
Rice cup (with/without soy)	\$1.20
Carrot Sticks	\$1.00
Apple Slinky	\$1.50
Watermelon Slice	\$0.50
Fruit Cup - Two Fruits, Peaches & Pears	\$1.00
Lge Yoghurt Squeezy – Strawberry/ Blueberry	\$2.00
Sml Yoghurt Squeezy – Strawberry/ Blueberry	\$1.50
Brooklea Vanilla Custard	\$1.50
Mainland Cheese & Crackers	\$2.50
Grissini Bread sticks (x2)	\$0.50
Good Tucker Muffin - Choc-Lite/ Blueberry/ Apple Cinnamon	\$2.50
Koala Popcorn - Sweet & Salty	\$1.50
Red Rock Chips - Sea Salt	\$1.50

Frozen snacks and Ice Blocks

Frozen Watermelon Slice	\$0.50
Frozen Pineapple Ring	\$0.50
Frozen Fruit Cup – Apple/ Apple Blackcurrant	\$1.00
Juicies Tube – Lemon/ Orange/ Tropical/ Wildberry	\$1.50
Slushie - Tropical Slush 99% fruit	\$2.00
MOOSie – Chocolate/ Blue Moon	\$1.50
Quelch - Assorted flavours	\$0.50

Drinks

Flavoured Milk 500ml Strawberry/ Chocolate	\$2.50
Up & Go – Chocolate/ Strawberry/ Banana	\$2.50
Just Juice Box – Apple/ Apple Blackcurrant/ Orange/ Tropical	\$1.80
Water 600ml	\$1.50