



# Canteen Menu

New menu & prices effective Term 1 - 2020



The NSW Healthy School Canteen Strategy introduced by the NSW Government aims to support student health by providing access to healthy food and drinks to make healthy choice, the easy choice. All NSW public schools are required to transition to the new strategy.

## LUNCH ORDER ITEMS

### Cold Food

#### Salad Box

Lettuce, cucumber, tomato, carrot and beetroot	4.00
with cheese	4.50
with ham	4.50
with ham and cheese	4.90

#### Belrose Beauty Roll

White roll with lettuce, cucumber, tomato, carrot and beetroot	4.00
with ham <u>OR</u> cheese	4.50
with ham and cheese	4.90

#### Sandwiches / Bread Rolls

Sandwiches (wholemeal or white bread)	
Bread roll - white EXTRA	0.50
Vegemite sandwich	2.50
Honey sandwich	2.50
Cheese sandwich	3.00
Ham & cheese	3.50

### Hot Food

#### Toasted Turkish Bread

Fillings: ham, cheese and tomato	
with ham <u>OR</u> cheese	3.50
with ham and cheese	4.00
with ham, cheese and tomato	4.50

#### Hot Meals

Good Food Hero meals are nutritious, healthy meals that taste great - large 220g serves

Available in:	
Bolognaise pasta bake	5.00
Macaroni cheese	5.00
Butter chicken and rice	5.00
Fried rice	5.00
Corn cob	1.00
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

### Special Food Days

#### MONDAY & WEDNESDAY

##### Homemade Pizza

Ham and cheese	3.00
Ham, cheese and pineapple	3.00

#### FRIDAY

##### Forest Way Sushi Bar - delivered fresh from your favourite sushi shop

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

Tomato sauce	0.30
--------------	------

## Everyday snacks, drinks & frozen items

### Counter Lines

Cheese Melt	1.00
Hakka Steamed Pork Dim Sim 50g	1.00
Rice cup (with/without soy)	1.20
Grissini Bread sticks (x2)	0.50
Celery Sticks	1.00
Celery Sticks with hummus	1.50
Carrot Sticks	1.00
Carrot Sticks with hummus	1.50
Fruit Cup - Two Fruits, Peaches & Pears	1.00
Apple Slinky	1.50
Lge Yoghurt Squeezy (150g) - Strawberry	2.00
Lge Yoghurt Squeezy (150g) - Vanilla	2.00
Sml Yoghurt Squeezy (70g) - Strawberry	1.50
Sml Yoghurt Squeezy (70g) - Vanilla	1.50
Brooklea Vanilla Custard (70g)	1.50
Mainland Cheese & Crackers (30g)	2.50
CrispyFruits 10g - Apple	1.80
CrispyFruits 10g - Mango	1.80
CrispyFruits 10g - Pineapple	1.80
CrispyFruits 10g - Strawberry	1.80
Good Tucker De-Lite Muffin - Choc-Lite	2.50
Good Tucker De-Lite Muffin - Blueberry	2.50
Good Tucker De-Lite Muffin - App/Cin	2.50
Koala Popcorn 25g - Sweet & Salty	1.50
Red Rock Chips 28g - Sea Salt	1.50

### Drinks

Milk 300ml - plain	2.00
Big M 300ml Strawberry Milk	2.50
Big M 300ml Chocolate Milk	2.50
Up & Go 250ml - Chocolate	2.50
Up & Go 250ml - Strawberry	2.50
Up & Go 250ml - Banana	2.50
Just Juice 200ml - Apple	1.80
Just Juice 200ml - Apple Blackcurrant	1.80
Just Juice 200ml - Orange	1.80
Just Juice 200ml - Tropical	1.80
Water 600ml	1.50

**ALL LUNCH ORDERS TO BE PLACED ONLINE THROUGH FLEXISCHOOLS. PLEASE NOTE CUT OFF TIME IS 9AM ON CANTEEN DAYS. ORDERS AFTER THIS TIME ARE UNABLE TO BE PROCESSED**

### Frozen Items

Frozen Pineapple Ring	0.50
Frozen Fruit Cup 110ml - Apple	1.00
Frozen Fruit Cup 110ml - Apple B/currant	1.00
Juicies Tube 105ml - Lemon	1.50
Juicies Tube 105ml - Orange	1.50
Juicies Tube 105ml - Tropical	1.50
Juicies Tube 105ml - Wildberry	1.50
Slushie - Tropical Slush 99% fruit 200ml	2.00
MOOsie 85ml - Chocolate	1.50
MOOsie 85ml - Blue Moon	1.50
Quelch - Assorted flavours	0.50