

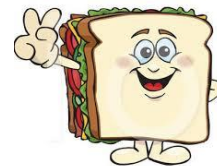


BELROSE PUBLIC SCHOOL CANTEEN MENU – 2022/23

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 training provided.



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

Toasted Turkish Bread

- With Ham/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 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

Monday and Wednesday Specials

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

Cheese and rice crackers \$4.00

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 Glenrose Sushi

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

Fantastic Noodles \$3.00

Carrot/ Cucumber Sticks \$1.00

Apple Slinky \$1.50

Watermelon Slice \$0.50

Lge Yoghurt Squeezy – Strawberry/ Blueberry \$2.00

Sml Yoghurt Squeezy – Strawberry/ Blueberry \$1.50

Brooklea Vanilla Custard \$1.50

Grissini Bread sticks (x2) \$0.50

Good Tucker Muffin - Choc-Lite/ Blueberry/ \$2.50

Apple Cinnamon

Popsy Popcorn \$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

Paddle Pop – Chocolate/ Rainbow \$1.50

Quelch - Assorted flavours \$0.50

Drinks

Flavoured Milk 300ml Strawberry/ Chocolate \$2.50

Up & Go – Chocolate/ Strawberry/ Banana \$2.50

Just Juice Box – Apple/ Apple Blackcurrant/ \$1.80

Orange/ Tropical