



BELROSE PUBLIC SCHOOL CANTEEN MENU – 2023/24

Monday, Wednesday and Friday – Recess counter sales and Lunch.
Orders taken online only through Flexischools.com.au – cut-off for orders is 9am



Lunch and Hot Food - Mon, Wed & Fri

Sandwiches/ Rolls

Wholemeal or white sandwich (Bread roll 50c extra)

- Vegemite/ Honey \$2.80
- Cheese \$3.00
- Ham and Cheese \$3.50

Salad Roll

- White roll with cucumber and tomato \$3.50
- With Ham or Cheese \$4.00
- With Ham and Cheese \$4.50
- Add grated carrot \$0.20

Toasted Turkish Bread

- With Ham or Cheese \$3.50
- With Ham and Cheese \$4.00
- With Cheese and Tomato \$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

- Bolognese Pasta Bake \$5.50
- Macaroni Cheese \$5.50
- Butter Chicken with Rice (gf) \$5.50

- Good Tucker Sausage Meat Pie 90g \$3.00
- Good Tucker Sausage roll - whole 110g \$4.00
- Good Tucker Sausage roll - half 55g \$2.50
- Steggles Crumbed Chicken Tender \$2.00
- Steggles Chicken Tender with Bread \$2.30

Monday and Wednesday Specials

- Bento box** with watermelon, baby tomatoes, cucumber and either:
Cheese and rice crackers (gf) \$4.50
- Sandwich with choice of filling:
- Vegemite/ Cheese \$4.50
- Ham and Cheese \$4.80

Homemade pizza either Pizza sauce or BBQ sauce (capsicum is optional)

- Cheese or Cheese and Pineapple \$3.50
- Ham and cheese \$3.50
- Ham, Cheese and Pineapple \$4.00

Friday Specials

- Mini cucumber (9pc) \$5.00
- Mini avocado (9pc) \$5.00
- Mini cooked tuna (9pc) \$5.00
- Large teriyaki chicken (1pc) \$4.50
- Large cooked tuna (1pc) \$4.50

Snacks

- Cheese Melt \$1.50
- Hakka Steamed Pork Dim Sim \$1.50
- Fantastic Noodles \$3.50
- Honey and Cinnamon Crusties (6 pieces) \$1.00
- Pikelet plain, marg and/or honey or jam \$0.70
- Carrot/ Cucumber Sticks \$1.50
- Apple Slinky \$1.00
- Watermelon Slice \$1.00
- Potato Gems (6 pieces) (gf) \$1.00
- Vaalia Yoghurt Squeezy – Strawberry/ Vanilla \$2.50
- 140g
- Milo Dairy Snack Pouch 150g \$2.50
- Pauls Vanilla Custard Tub with spoon 150g \$2.50
- Cheese & Crackers packed by Jo \$2.50
- Milo Cereal Dry Snacks \$1.50
- Grissini Bread sticks (x2) \$0.50
- Homemade Muffin – Chocolate / Blueberry \$2.50
- Popsy Popcorn (gf) \$2.00
- Red Rock Chips - Sea Salt (gf) \$2.00

Frozen snacks and Ice Blocks

- Frozen Orange Quarter \$0.50
- Frozen Pineapple Ring \$1.00
- Frozen Fruit Cup – Apple Blackcurrant \$1.50
- Juicies Tube – Lemon/ Orange/ Tropical/ Wildberry \$2.00
- Slushie - Tropical Slush 99% fruit \$2.50
- Paddle Pop – Rainbow \$2.50
- Chocolate Moosie \$2.50
- Quelch - Assorted flavours \$0.50

Drinks

- Flavoured Milk 300ml Strawberry/ Chocolate \$2.80
- Up & Go – Chocolate/ Strawberry/ Banana \$3.00
- Just Juice Box – Paradise Punch 200ml \$2.00
- Harvey Fresh juice-Apple/Orange/Apple and Blackcurrant 250ml \$2.50

Green foods = Everyday foods, Orange foods = Occasional foods

gf = gluten free