

# BPS WINTER CANTEEN MENU 2017

## Term 2 & 3

### FRESH AND HEALTHY

#### **Ninja Sushi \$3.80**

*Made in SA*  
Teriyaki Chicken  
Tuna  
Vegetable

#### **Wok Tossed (GF) \$4.80**

Noodle stirfry with veggies –  
chicken or vegetarian

#### **Soup of the Day \$3.00**

served with small roll

#### **Corn cob (small) \$2.00**

### BUILD YOUR OWN

#### **Fillings**

Ham, chicken, cheese, tomato,  
lettuce, cucumber, carrot,  
vegemite

#### **Add sauce 20c**

Mayonnaise, tomato, tzatziki

#### **Sandwiches**

1 filling \$3.00  
2 filling \$3.50  
3 filling \$4.00  
Additional fillings 50c

#### **Wrap, Roll or Toasting**

Add 50c

#### **Ham and Cheese toastie \$4.00**

#### **Hot Dogs**

*Plain \$3.80*  
*Sauce add 20c*  
*Cheese add 50c*

### OVER THE COUNTER

#### WINTER WARMERS

(Pick up/cash only)

#### **Hot chocolate \$2.00**

#### **Mini pizza muffin \$1.00**

We use wholemeal bread  
products where possible.  
Butter only upon request.

#### **Lunch order bags 10c**

### OVEN BAKED

#### **Nachos \$4.00**

Corn chips topped with  
homemade mexican bean salsa  
& cheese.

#### **Pizza slice \$4.00**

Thin base topped with  
homemade sauce, ham,  
pineapple and grated cheese.  
Vegetarian option available

#### **Pasta Bolognese \$4.80**

*Made in SA*  
Pasta topped with homemade  
sauce & grated cheese.  
Available in beef or vegetarian.  
GF option

#### **Macaroni Cheese \$4.80**

Homemade & vegetarian

#### **Butter Chicken curry \$4.80**

Served with rice. \*contains nuts

### FROM THE GRILL

#### **Chicken Burger \$4.80**

Homemade, topped with lettuce  
and mayo

#### **Beef Burger \$4.80**

Homemade, topped with lettuce,  
cheese and sauce

#### **Veggie Burger \$4.80**

Topped with lettuce, tomato and  
mayo

#### **Chicken tender Wrap \$5.50**

Grilled fresh chicken, lettuce,  
homemade tzatziki

### HOT TREATS

#### **Beef pie (large) \$4.00**

#### **Beef pie (junior) \$2.80**

#### **Vegetable Pasty \$4.50**

#### **Sausage roll \$2.60**

-sauce 30c

#### **Potato Wedges**

Plain \$2.50

Deluxe with sweet chilli sauce  
and sour cream \$3.50

### QUENCH AND COOL

#### **Bottled Water \$2.00**

#### **Fruit Juice box \$2.20**

Apple, Orange, Apple &  
Blackcurrant, Tropical  
250ml

#### **Mountain Fresh Juice \$2.60**

*Made in SA*  
Apple/Mango, Apple/Guava,  
Orange, Tropical, Apple  
300ml

#### **Fleurieu fresh flavoured Milk \$3.20**

*Made in SA*  
Chocolate or strawberry  
300ml

#### **Ice Blocks**

UFO (pineapple ring) 30c

Juicees 90c

Juice cup \$1.00

Icecream cup \$1.20

Moosies \$1.50

Frozen yoghurt \$2.00

### MUNCHIES

#### **Grainwaves \$1.50**

Sour cream and chives

#### **Popcorn (GF) \$1.00**

Freshly popped

#### **Chips \$1.50**

Vege- Natural or flavoured  
Red rock- honey soy or sea salt

#### **Fruitwise Fruit Straps**

half 30c, full 60c

*Made in SA*

100% fruit, no additives

#### **Muffin of the day 70c**

Homemade, assorted

#### **Choc-chip cookie \$1.00**

#### **Jelly cup \$1.00**

#### **Bellis Fruit Bites 10c**

*Made in SA*

Apricot