

# BPS SUMMER CANTEEN MENU 2017

## FRESH AND HEALTHY

### Summer Salads

Fresh Fruit **\$2.50**

### Crispy Asian \$4.00

with salad greens, carrot, crunchy noodles & soy/sesame dressing

### Grilled Chicken \$5.50

with lettuce, tomato, carrot, cucumber & french dressing

## BUILD YOUR OWN

### Sandwiches - Wholemeal

Butter only upon request.

1 filling \$3.00

2 filling \$3.50

3 filling \$4.00

Additional fillings 50c

### Fillings

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

### Wrap, Roll or Toasting

Add 50c

### Ham and Cheese toastie \$4.00

### Hot Dogs

Plain **\$3.80**

Cheese **add 50c**

### Sauces 20c

Mayonnaise, tomato, tzatziki

LUNCH ORDER BAGS 10c

[Ingredients list for all meals available upon request.](#)

## FROM THE GRILL

### Chicken Burger \$4.80

Topped with lettuce and mayo

### Beef Burger \$4.80

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 and tzatziki

## HOT TREATS

### Potato Wedges

Plain **\$2.50**

Deluxe with sweet chilli sauce and sour cream **\$3.50**

### Nachos \$4.00

Corn chips topped with Mexican bean salsa & cheese

### Pizza slice \$4.00

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

### Pasta Bolognese \$4.80

Pasta topped with sauce & grated cheese. Available in beef or vegetarian. GF option

### Butter Chicken \$4.80

Served with rice

### Noodle stirfry \$4.80

with veggies – chicken or vegetarian

### Macaroni Cheese \$4.80

Vegetarian

### Mrs Mac's

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

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

Vegetable Pasty **\$4.50**

Sausage roll **\$2.60**

-Sauce 30c

## 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 (chocolate, strawberry, banana, lime) **\$1.50**

Frozen mango 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

Assorted

### Choc-chip cookie \$1.00

### Jelly cup \$1.00

### Bellis Fruit Bites 10c