

BPS CANTEEN MENU 2018

Summer/Autumn

FRESH AND HEALTHY

Wok Tossed \$5.00 (H)

Noodle stirfry with veggies – chicken or vegetarian

Summer Salads (H)

**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

Fillings

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

Sauces 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 \$4.00

Sauce add 20c

Cheese add 50c

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

LUNCH ORDER BAGS 10c

(H) = homemade

OVEN BAKED

Nachos \$4.20 (H)

Corn chips topped with mexican bean salsa & cheese

Pizza slice \$4.20 (H)

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

Pasta Bolognese \$5.00 (H)

Pasta topped with homemade sauce & grated cheese.

Available in beef or vegetarian. GF option

Butter Chicken \$5.00 (H)

Served with rice (contains nuts)

Macaroni Cheese \$5.00 (H)

Homemade & vegetarian

FROM THE GRILL

Chicken Burger \$5.00 (H)

Homemade, topped with lettuce and mayo

Beef Burger \$5.00 (H)

Homemade, topped with lettuce, cheese and sauce

Veggie Burger \$5.00

Topped with lettuce, tomato and mayo

Chicken tender Wrap \$5.50 (H)

Grilled fresh chicken, lettuce and homemade tzatziki

HOT TREATS

Mrs Macs - light & tasty

Beef pie (large) \$4.20

Beef pie (junior) \$3.00

Vegetable Pasty \$4.70

Sausage roll \$2.80

-sauce 30c

Potato Wedges

Plain **\$2.70**

Deluxe with sweet chilli sauce and sour cream **\$3.70**

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) **50c (H)**

Juicees **\$1.00**

Juice cup **\$1.20**

Icecream cup **\$1.40**

Moosies (chocolate, strawberry, banana, lime) **\$1.70**

Frozen mango yoghurt **\$2.20**

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

100% fruit, no additives

Muffin of the day 70c (H)

Homemade, assorted

Choc-chip cookie \$1.00

Freshly baked

Jelly cup \$1.00

Bellis Fruit Bites 10c