

## Bellinghen Public School Canteen

To cater for the students and other members of our school community, providing the healthiest and most nutritious food in a responsive, courteous and impartial manner

### Snack and Recess Foods

<b>Popcorn</b>	<b>\$0.50</b>
<b>Red or Green Apples</b> Slinkied for Free	<b>\$0.50</b>
<b>Homemade Protein Balls</b> (contain sunflower & sesame seeds also coconut)	<b>\$0.70</b>
<b>Tasty Cheese &amp; G.F. W'meal Crackers</b>	<b>\$1.50</b>
<b>Hummus or Vegetable Dip with</b> (Vege sticks or W'meal Crackers)	<b>\$1.50</b>
<b>Natural Yoghurt cups with</b> (frozen mango or berries )	<b>\$1.50</b>
<b>Freshly Baked Fruit Muffins</b>	<b>\$2.00</b>

### Recess Pack **\$3.00**

**1 x Protein Ball, 1 x Natural Yoghurt w/ Frozen Fruit, & cheese and G.F. crackers or Vegetable sticks and Hummus Dip**

### Ordering is Easy

Use separate bags for Lunch & Recess orders

Include Student's full name, class & order details eg

Briony Lee 3/4 M

1 x Butter Chicken \$4.20;

Briony Lee 3/4 M

1 x Recess Pack \$3.00

Include money in each bag

Fold/Seal and place in the secured Box located at the front of the canteen

### Drinks & Frozen Treats

<b>99.9% Fruit Juice Poppers 200ml.</b>	<b>\$1.20</b>
<b>Milkshakes</b> (chocolate/caramel/vanilla)	<b>\$1.30</b>
<b>Hot Chocolate</b>	<b>\$1.20</b>
<b>600ml Bottled Water</b>	<b>\$1.50</b>
<b>300ml. Plain Milk</b>	<b>\$1.50</b>
<b>250ml. Flavoured Milk</b> (Chocolate/Strawberry)	<b>\$2.20</b>
<b>Frozen Watermelon</b>	<b>30¢</b>
<b>Frozen melon/pine</b>	<b>2 for 30¢</b>
<b>Fruit Juice Cups</b> (mini/big)	<b>30¢/70¢</b>
<b>Frozen Quelch Lick Sticks</b>	<b>70¢</b>
<b>Frozen poppers</b> (half/full)	<b>80¢/\$1.50</b>
<b>Frozen Yoghurts w/spoon</b>	<b>\$2.00</b>

### Colour Coded Menu

**Green Items:** Everyday foods and meals and are those, made from foods in the five food groups.

**Red Items:** Occasional foods and drinks are mostly high in saturated fat, sugars and/or salt and often with little nutritional value. They are not needed as part of a healthy diet and should be eaten only sometimes and in small amounts

**Lunch Bags 10¢**

**Forks or spoons 10¢**

### Lunch Foods

#### Sandwiches, Wraps or Rolls

(Freshly made on Wholemeal Bread)

<b>Vegemite or Cheese</b>	<b>\$2.00</b>
<b>Ham, Chicken or Baked Bean Jaffle</b>	<b>\$3.00</b>
<b>Salad S/W or Ham, Cheese &amp; Tomato</b>	<b>\$4.00</b>
<b>Ham or Chicken &amp; Salad</b>	<b>\$5.00</b>
<b>Wrap, Roll or Gluten Free extra</b>	<b>\$0.50</b>

Others on Request

#### Salad Tubs

<b>Garden</b>	<b>\$5.00</b>
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#### Hot Food

<b>Herb, Garlic and Cheese Pizza</b>	<b>\$2.50</b>
<b>Sausage Roll</b>	<b>\$3.80</b>
<b>Meat Traveller Pie</b>	<b>\$4.50</b>
<b>Pizzas</b> (ham or ham & pineapple )	<b>\$4.00</b>
<b>Jacket potatoes (GF)</b> (toppings – Ham, Baked Beans, Cheese & Natural Yoghurt)	<b>\$4.00</b>
<b>Spaghetti w/ Homemade Napoli Sauce (V) or Meatballs</b> (w/ grated cheese)	<b>\$4.50</b>
<b>Spinach and Ricotta Quiche (V)</b>	<b>\$5.00</b>
<b>Butter Chicken (GF)</b> (served with steamed rice)	<b>\$5.00</b>
<b>Marinated Chicken Burger</b> (W'Meal roll w/ lettuce & mayonnaise) (GF option avail)	<b>\$5.00</b>

**\$5 Weekly Meal Deal Thurs & Fri.**

**Blackboard Special plus  
half Frozen Popper**