

# Bellinghen Public School Canteen Menu

To cater for the students and other members of our school community, providing healthy and nutritious food .

## Snack and Recess Foods

<b>Popcorn</b>	.50c
<b>Red or Green Apple</b>	.50c
<b>ANZAC Slice</b> (oats, coconut, golden syrup)	.60c
<b>Cheese &amp; Crackers</b> Supplied by Norco	\$1.50
<b>Brownes Yoghurt varieties</b> Vanilla Bean, Peaches & cream, mixed Berries, Supplied by Norco	\$2.50
<b>Freshly Baked Fruit Muffin</b>	\$2.00

## Drinks & Frozen Treats

<b>99.9% Fruit Juice Popper 200ml.</b> Apple, Orange or Apple & Blackcurrant	\$1.20
<b>600ml Bottled Water</b>	\$1.50
<b>250ml Flavoured Milk</b> (Chocolate/Strawberry)	\$2.20
<b>Frozen Fruit Juice Cup</b> (mini)	.30¢
(big)	.70¢
<b>Frozen Yoghurt w/spoon</b> (Mango and watermelon)	\$2.00
<b>Coconut Ice-cream (GF)</b>	\$1.50

## Lunch Foods

### Sandwiches, Wraps or Rolls

(Freshly made on Wholemeal or white bread)

<b>Vegemite or Cheese or Ham</b>	\$2.00
<b>Ham/Chicken/Cheese/ Baked Bean Toastie</b>	\$3.00
<b>Salad or Ham, Cheese &amp; Tomato,</b>	\$4.00
<b>Ham or Chicken &amp; Salad, or Egg, Lettuce and Mayo</b>	\$5.00
<b>Wrap/Roll/Gluten Free</b>	.50c
(or any extras add .50c each item)	

Others on Request

### Hot Food

<b>PIZZAS</b>	
<b>Herb, Garlic &amp; Cheese Pizza</b>	\$2.50
<b>Cheese</b>	\$2.50
<b>Ham or Ham &amp; Pineapple</b>	\$4.00
<b>Sausage Roll</b>	\$3.80
<b>Meat Pie</b>	\$4.50
<b>Tomato and BBQ Sauce</b>	.30
<b>Jacket potato (GF)</b>	\$4.00
(toppings – Ham/Baked Beans/Cheese & Natural Yoghurt— (extras add on .50c each item)	
<b>Spaghetti w/ Homemade Napoli Sauce (V)</b>	\$4.50
<b>Spaghetti w/ Meatballs</b>	\$5.00
(w/ grated cheese—extra cheese or meatballs at on .50c)	
<b>Spinach and Cheese Roll (V)</b>	\$3.00
<b>Butter Chicken</b>	\$5.00
(served with steamed rice)	
<b>Marinated Chicken Burger</b>	\$5.00
Wholemeal roll w/ lettuce & mayonnaise)	

## Colour Coded Menu

**Green Items:** Everyday foods and meals from, or 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.