

# 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>	.50¢
<b>Red or Green Apple</b>	.50¢
<b>Other Seasonal fruit may be available</b>	
<b>ANZAC Slice</b> (oats, coconut, golden syrup)	.60¢
<b>Cheese &amp; Crackers</b> Supplied by Norco	\$1.50
<b>Mixed Berries Muffin</b>	\$2.00

## Drinks & Frozen Items

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

## Lunch Foods

Sandwiches, Wraps or Rolls

Gluten Free Sliced Bread also available

<b>Vegemite / Cheese / Ham</b>	\$2.00
<b>Ham / Chicken / Cheese/ Baked Bean Toasted</b>	\$3.00
<b>Ham / Chicken / Cheese / Egg With Salad</b>	\$4.00

### 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 (120grams)</b>	\$3.00
<b>Spinach and Ricotta Roll (120g)</b>	\$3.00
<b>Meat Pie (180grams)</b>	\$4.50
<b>Tomato or BBQ Sauce</b>	.30¢

<b>Jacket potato (GF)</b> (toppings – Ham/Baked Beans/Cheese & Natural Yoghurt)	\$4.00
<b>Spaghetti w/ Napoli Sauce (V)</b>	\$4.50
<b>With Meatballs</b>	\$5.00

Both topped with grated cheese.  
extra cheese or meatballs add on .50¢

<b>Butter Chicken</b> (served with boiled white rice)	\$5.00
<b>Marinated Chicken Burger</b> with lettuce & mayonnaise	\$5.00

Please note: Any extra sandwich / wrap / roll / burger fillings will be an extra .50¢ each.

## 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.