

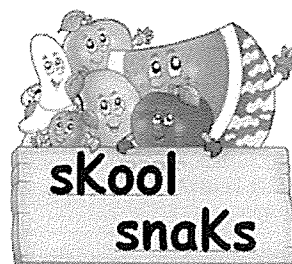
BEXLEY NORTH PUBLIC SCHOOL CANTEEN

(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)

WINTER MENU (TERM 2 & 3)

Everyday food & drinks - 3/4 of the menu is comprised of a range of these healthy foods & drinks from the five food groups or meals made from them.

Occasional foods & drink - Foods to eat sometimes & in small amounts - Only the healthiest choices with a health star rating of 3.5 stars and above and limited to no more than 1/4 of the menu.



| Item | | | |
|---|--------|--------|------------|
| BREAKFAST | | | |
| TOAST WITH JAM | | \$2.00 | Everyday |
| TOAST WITH HONEY | | \$2.00 | Everyday |
| RAISIN TOAST | | \$2.00 | Everyday |
| TOASTED BREAKFAST WRAP - HAM, EGG, CHEESE, TOMATO | | \$3.00 | Everyday |
| TOASTED BREAKFAST WRAP - EGG, CHEESE, TOMATO | | \$3.00 | Everyday |
| MUESLI WITH YOGHURT | | \$2.00 | Everyday |
| WARM MILO | | \$2.00 | Everyday |
| JUICE 100% - 250ML - ORANGE | | \$2.00 | Everyday |
| JUICE 100% - 250ML - APPLE | | \$2.00 | Everyday |
| MILK - 300ML - PLAIN | | \$1.00 | Everyday |
| MILK - 300ML - REDUCED FAT - CHOCOLATE | | \$2.00 | Everyday |
| MILK - 300ML - REDUCED FAT - STRAWBERRY | | \$2.00 | Everyday |
| UP & GO - 250ML - CHOCOLATE | | \$2.50 | Everyday |
| UP & GO - 250ML STRAWBERRY | | \$2.50 | Everyday |
| UP & GO - 250ML - VANILLA | | \$2.50 | Everyday |
| SNACKS | | | |
| FRUIT SALAD | \$1.00 | \$2.00 | Everyday |
| FRUIT SALAD WITH YOGHURT | \$1.50 | \$2.50 | Everyday |
| WATERMELON CUP | \$1.00 | \$2.00 | Everyday |
| VEGETABLE STICKS | | \$1.00 | Everyday |
| VEGETABLE STICKS WITH DIP | | \$1.50 | Everyday |
| VEGETABLE STICKS WITH LITE CHEESE & WHOLEMEAL CRACKERS | | \$2.50 | Everyday |
| FRESH FRUIT | | \$1.00 | Everyday |
| YOGHURT - 100% NATURAL - GLUTEN FREE - PLAIN | \$1.00 | \$2.00 | Everyday |
| YOGHURT - 100% NATURAL - GLUTEN FREE - PASSIONFRUIT | \$1.00 | \$2.00 | Everyday |
| YOGHURT - 100% NATURAL - GLUTEN FREE - MANGO | \$1.00 | \$2.00 | Everyday |
| YOGHURT - 100% NATURAL - GLUTEN FREE - MIXED BERRY | \$1.00 | \$2.00 | Everyday |
| JELLY CUP - LOW JOULE - 100ML - ORANGE | | \$1.50 | Occasional |
| RICE CRACKERS (WHOLEMEAL) | \$0.50 | \$1.00 | Everyday |
| RICE CRACKERS & CHEESE (WHOLEMEAL/PLAIN CRACKERS & LITE CHEESE) | | \$1.00 | Everyday |
| PIKELETS - (HOMEMADE) | | \$0.50 | Everyday |
| MUFFINS - (FRUIT - HOMEMADE) | | \$1.00 | Everyday |
| POPCORN - PLAIN | \$0.50 | \$1.00 | Everyday |
| GRAIN WAVES - SOUR CREAM & CHIVES - 28G | | \$2.00 | Occasional |
| PRETZELS - 30G | | \$2.00 | Occasional |
| COLD LUNCHES - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE) | | | |
| ROLLS | | \$0.80 | Everyday |
| WRAPS | | \$0.80 | Everyday |
| GLUTEN FREE BREAD | | \$0.80 | Everyday |
| TURKISH BREAD | | \$0.80 | Everyday |
| VEGEMITE | | \$2.00 | Everyday |
| JAM | | \$2.00 | Everyday |
| EGG | | \$3.00 | Everyday |
| CHEESE (REDUCED FAT) | | \$2.50 | Everyday |
| TUNA (SPRING WATER) | | \$3.00 | Everyday |
| HAM (REDUCED FAT) | | \$3.20 | Everyday |
| CHICKEN | | \$4.00 | Everyday |
| SALAD | | \$4.50 | Everyday |
| ADD ANY OF THE FOLLOWING - TOMATO, BEETROOT, CUCUMBER, CARROT, LETTUCE, SPANISH ONION | | \$0.40 | Everyday |
| CHEESE OR PINEAPPLE | | \$0.50 | Everyday |
| SALADS | | | |

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| GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, RED ONION, OLIVES, FETA) | | \$4.50 | Everyday |
| VIETNAMESE CHICKEN NOODLE SALAD - (NOODLES, CHICKEN CABBAGE, CAPSICUM, CUCUMBER, CARROTS) | | \$4.50 | Everyday |
| CAESAR SALAD - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE) | | \$4.50 | Everyday |
| MIXED SALAD - (LETTUCE, CHERRY TOMATO, CARROT, CELERY, CUCUMBER, BEETROOT) | | \$4.50 | Everyday |
| MIXED SALAD - (ADD CHOICE OF EGG, LITE CHEESE, HAM, CHICKEN OR TUNA - EXTRA \$ 1.00 EACH) | | \$4.50 | Everyday |
| SUSHI (WEDNESDAY ONLY) | | | |
| CHICKEN TERIYAKI ROLL | | \$3.50 | Everyday |
| TUNA ROLL | | \$3.50 | Everyday |
| VEGETARIAN ROLL | | \$3.50 | Everyday |
| CALIFORNIA ROLL | | \$3.50 | Everyday |
| TUNA BOX - 8 PIECES | | \$4.00 | Everyday |
| CUCUMBER BOX - 8 PIECES | | \$4.00 | Everyday |
| HOT FOOD | | | |
| MONDAY | | | |
| CHICKEN WINGS WITH VEGETABLES & RICE (HOMEMADE) | | \$4.50 | Everyday |
| TOASTED LAMB KOFTA LEBANESE BREAD WITH TOMATO & LEMON (HOMEMADE) | | \$4.50 | Everyday |
| HAM TOASTED SANDWICH | | \$3.20 | Everyday |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$2.50 | Everyday |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$4.00 | Everyday |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | | \$4.00 | Everyday |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | | \$4.00 | Everyday |
| BAKED BEAN TOASTED SANDWICH | | \$3.00 | Everyday |
| BAKED BEAN & CHEESE TOASTED SANDWICH | | \$3.50 | Everyday |
| MUFFIN PIZZA - (RECESS ONLY) | | \$1.50 | Everyday |
| TUESDAY | | | |
| BEEF BURGER - (HOMEMADE 100% LEAN BEEF WITH TOMATO, BEETROOT & LETTUCE) | | \$4.50 | Everyday |
| TUNA PASTA BAKE - (HOMEMADE) | | \$4.50 | Everyday |
| HAM TOASTED SANDWICH | | \$3.20 | Everyday |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$2.50 | Everyday |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$4.00 | Everyday |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | | \$4.00 | Everyday |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | | \$4.00 | Everyday |
| BAKED BEAN TOASTED SANDWICH | | \$3.00 | Everyday |
| BAKED BEAN & CHEESE TOASTED SANDWICH | | \$3.50 | Everyday |
| JAFFLE HALVES - (RECESS ONLY) - CHEESE | | \$1.50 | Everyday |
| WEDNESDAY | | | |
| CHOW MEIN MINCE BEEF NOODLE (HOMEMADE) | | \$4.50 | Everyday |
| SUSHI - MUST BE PRE-ORDERED TUESDAY | | | |
| HAM TOASTED SANDWICH | | \$3.20 | Everyday |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$2.50 | Everyday |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$4.00 | Everyday |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | | \$4.00 | Everyday |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | | \$4.00 | Everyday |
| BAKED BEAN TOASTED SANDWICH | | \$3.00 | Everyday |
| BAKED BEAN & CHEESE TOASTED SANDWICH | | \$3.50 | Everyday |
| CORN CUPS/CORN COBS - (RECESS ONLY) | | \$1.00 | Everyday |
| THURSDAY | | | |
| FRIED RICE (HOMEMADE) - HAM | | \$4.50 | Everyday |
| FRIED RICE (HOMEMADE) - VEGETARIAN | | \$4.50 | Everyday |
| CHICKEN BURGER - (GRILLED CHICKEN BREAST, TOMATO, LETTUCE, MAYO & SWEET CHILLI SAUCE) | | \$4.50 | Everyday |
| HAM TOASTED SANDWICH | | \$3.20 | Everyday |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$2.50 | Everyday |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$4.00 | Everyday |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | | \$4.00 | Everyday |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | | \$4.00 | Everyday |
| BAKED BEAN TOASTED SANDWICH | | \$3.00 | Everyday |
| BAKED BEAN & CHEESE TOASTED SANDWICH | | \$3.50 | Everyday |
| CHICKEN NOODLES - 99% FAT FREE - (RECESS ONLY) | | \$2.00 | Occasional |
| FRIDAY | | | |
| SPAGHETTI BOLOGNAISE (HOMEMADE) | | \$4.50 | Everyday |
| CHICKEN CURRY & RICE (HOMEMADE) | | \$4.50 | Everyday |

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|---|--------|--------|------------|
| HAM TOASTED SANDWICH | | \$3.20 | Everyday |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$2.50 | Everyday |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | | \$4.00 | Everyday |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | | \$4.00 | Everyday |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | | \$4.00 | Everyday |
| BAKED BEAN TOASTED SANDWICH | | \$3.00 | Everyday |
| BAKED BEAN & CHEESE TOASTED SANDWICH | | \$3.50 | Everyday |
| MINI HOT DOG - (RECESS ONLY) | | \$2.00 | Occasional |
| DRINKS | | | |
| WATER | \$1.00 | \$2.00 | Everyday |
| JUICE 100% - 250ML - ORANGE | | \$2.00 | Everyday |
| JUICE 100% - 250ML - APPLE | | \$2.00 | Everyday |
| MILK - 300ML - PLAIN | | \$1.00 | Everyday |
| MILK - 300ML - REDUCED FAT - CHOCOLATE | | \$2.00 | Everyday |
| MILK - 300ML - REDUCED FAT - STRAWBERRY | | \$2.00 | Everyday |
| MILO - (LITE MILK) | | \$1.00 | Everyday |
| QUENCH SPRING WATER 10% JUICE (LOW JOULE) (ORANGE) | | \$2.50 | Occasional |
| QUENCH SPRING WATER 10% JUICE (LOW JOULE) (LEMON LIME) | | \$2.50 | Occasional |
| SLUSHIE - (99% FRUIT JUICE, 99% FAT FREE, NO ADDED SUGAR) | | \$2.00 | Everyday |
| FROZEN ICE SNACKS | | | |
| FROZEN ORANGE QUARTERS | | \$0.30 | Everyday |
| FROZEN WATERMELON POPS | | \$0.50 | Everyday |
| FROZEN FRUIT KEBABS | | \$0.50 | Everyday |
| FROZEN JUICE CUP (100% JUICE) (NO ADDED SUGAR) - APPLE/BLACKCURRANT | | \$1.00 | Everyday |
| FROZEN JUICE CUP (100% JUICE) (NO ADDED SUGAR) - ORANGE | | \$1.00 | Everyday |
| QUELCH 99% FRUIT ICE STICK | | \$1.00 | Everyday |
| FROZEN FRUIT YOGHURT 100G (STRAWBERRY) | | \$2.50 | Occasional |
| FROZEN FRUIT YOGHURT 100G (MANGO) | | \$2.50 | Occasional |

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