

BEXLEY PUBLIC SCHOOL CANTEEN MENU

(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)

TERM 1 & 4 SUMMER MENU

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	Cost	Rating
BREAKFAST		
TOAST WITH JAM OR VEGEMITE (1 SLICE)	\$1.00	EVERYDAY
FRUIT SALAD - SMALL	\$2.00	EVERYDAY
FRUIT SALAD - LARGE	\$2.50	EVERYDAY
MUFFINS - FRUIT - HOMEMADE	\$2.00	OCCASIONAL
PIKELETS - HOMEMADE	\$1.00	EVERYDAY
JUICE - 100% - ORANGE, APPLE	\$2.00	EVERYDAY
MILK - 300ML - PLAIN	\$1.50	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$3.00	EVERYDAY
UP & GO - 250ML - CHOCOLATE, STRAWBERRY, VANILLA	\$3.00	EVERYDAY
HOT CHOCOLATE (NATURAL INGREDIENTS - 4 STAR RATING)	\$2.50	EVERYDAY
SNACKS		
FRUIT SALAD - SMALL	\$2.00	EVERYDAY
FRUIT SALAD - LARGE	\$3.00	EVERYDAY
FRUIT SALAD WITH YOGHURT - SMALL	\$2.50	EVERYDAY
FRUIT SALAD WITH YOGHURT - LARGE	\$3.50	EVERYDAY
WATERMELON CUP - SMALL	\$1.50	EVERYDAY
WATERMELON CUP - LARGE	\$2.50	EVERYDAY
VAALIA KIDS YOGHURT POUCH - 140g - VANILLA	\$3.00	EVERYDAY
VAALIA KIDS YOGHURT POUCH - 140g - STRAWBERRY	\$3.00	EVERYDAY
CUSTARD	\$1.50	EVERYDAY
JELLY - LOW JOULE	\$2.00	OCCASIONAL
VEGETABLE STICKS	\$1.50	EVERYDAY
VEGETABLE STICKS WITH DIP	\$2.00	EVERYDAY
VEGETABLE STICKS WITH LITE CHEESE & WHOLEMEAL CRACKERS	\$4.00	EVERYDAY
FRESH FRUIT - SEASONAL	\$1.50	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN) - SMALL	\$0.50	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN) - LARGE	\$1.00	EVERYDAY
RICE CRACKERS (WHOLE/PLAIN WITH LITE CHEESE)	\$1.50	EVERYDAY
PIKELETS - (HOMEMADE)	\$1.00	EVERYDAY
MUFFINS - (FRUIT - HOMEMADE)	\$2.00	OCCASIONAL
ATOMIC POPCORN - LIGHTLY SALTED	\$1.50	OCCASIONAL
GRAIN WAVES - SOUR CREAM & CHIVES - 28G	\$2.00	OCCASIONAL
RED ROCK - SEA SALT - 28G	\$2.00	OCCASIONAL
COLD LUNCHES - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE)		
ROLLS	\$0.80	EVERYDAY
TURKISH BREAD	\$1.00	EVERYDAY
GLUTEN FREE BREAD	\$1.00	EVERYDAY
VEGEMITE	\$3.00	EVERYDAY
JAM	\$3.00	EVERYDAY
EGG	\$3.50	EVERYDAY
CHEESE (REDUCED FAT)	\$3.00	EVERYDAY
TUNA (SPRING WATER)	\$3.50	EVERYDAY
HAM (REDUCED FAT)	\$3.50	EVERYDAY
CHICKEN (HALAL)	\$4.20	EVERYDAY
SALAD	\$5.00	EVERYDAY
ADD ANY OF THE FOLLOWING - TOMATO, BEETROOT, CUCUMBER, CARROT, LETTUCE	\$0.40 ea	EVERYDAY
CHEESE, AVOCADO OR PINEAPPLE	\$0.50ea	EVERYDAY
WRAPS		
RAINBOW VEGGIE WRAP - (AVOCADO, EGG, CARROT, LETTUCE, TOMATO, CUCUMBER, CORN & LITE CHEESE)	\$5.50	EVERYDAY
CHICKEN CAESAR WRAP - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE & CAESAR DRESSING) (HALAL)	\$5.50	EVERYDAY
TURKEY WRAP - (TURKEY, AVOCADO, TOMATO, LETTUCE, CHEESE & RANCH DRESSING)	\$5.50	EVERYDAY
FALAFEL WRAP - (FALAFEL, TOMATO, CUCUMBER, RED ONION, PARSLEY & HOMMAS) (HALAL)	\$5.50	EVERYDAY
SALADS		
GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, SPANISH ONION, OLIVES, FETA)	\$5.50	EVERYDAY
VIETNAMESE CHICKEN NOODLE SALAD - (CHICKEN, NOODLES, CABBAGE, CAPSICUM, CUCUMBER, CARROT)	\$5.50	EVERYDAY
CAESAR SALAD - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE) (HALAL)	\$5.50	EVERYDAY

FATTOUSH - (LEBANESE SALAD) LEBANESE BREAD, TOMATO, CUCUMBER, CAPSICUM, RADDISH, ONION (HALAL)	\$5.50	EVERYDAY
MIXED SALAD - (LETTUCE, CHERRY TOMATO, CARROT, CELERY, CUCUMBER, BEETROOT)	\$5.50	EVERYDAY
MIXED SALAD - ADD CHOICE OF EGG, LITE CHEESE, HAM, CHICKEN, AVOCADO OR TUNA	\$1.00 EA	EVERYDAY
HOT FOOD		
MONDAY		
CHICKEN DUMPLINGS (HALAL)	\$5.50	EVERYDAY
CHICKEN BREAST NUGGETS (3.5 STAR RATING) (HALAL)	\$5.50	OCCASIONAL
NASI GORENG (HOMEMADE) (HALAL)	\$5.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.50	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
TUESDAY		
CHICKEN DUMPLINGS (HALAL)	\$5.50	EVERYDAY
STIR FRY CHICKEN WITH HOKKIEN NOODLES (HOMEMADE)	\$5.50	EVERYDAY
STAND N STUFF BEEF TACO'S (LETTUCE, TOMATO, CHEESE, LITE SHREDDED CHEESE & LIGHT SOUR CREAM)	\$5.00	EVERYDAY
HAM TOASTED SANDWICH	\$5.50	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
WEDNESDAY		
CHICKEN DUMPLINGS (HALAL)	\$5.50	EVERYDAY
SPAGHETTI BOLOGNESE (HOMEMADE)	\$5.50	EVERYDAY
SUSHI (ASSORTED)	\$4.00-\$5.00	EVERYDAY
HAM TOASTED SANDWICH	\$3.50	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
THURSDAY		
CHICKEN DUMPLINGS (HALAL)	\$5.50	EVERYDAY
CHICKEN BURGER (GRILLED CHICKEN BREAST WITH TOMATO, LETTUCE & MAYO (HALAL)	\$5.50	EVERYDAY
VIETNAMESE NOODLE BOWL WITH CHICKEN (HOMEMADE) (HALAL)	\$5.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.50	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
FRIDAY		
CHICKEN DUMPLINGS (HALAL)	\$5.50	EVERYDAY
MEATBALL SUB (HOMEMADE)	\$5.50	EVERYDAY
CHICKEN SOUVLAKI WRAP WITH SALAD & TZATZIKI (HALAL)	\$5.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.50	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$3.00	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.50	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.50	EVERYDAY
BAKE BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKE BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
DRINKS		
WATER - SMALL	\$1.50	EVERYDAY
WATER - LARGE	\$2.50	EVERYDAY
MILK - 300ML - PLAIN	\$1.50	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$2.50	EVERYDAY
UP & GO - 250ML - CHOCOLATE, STRAWBERRY, VANILLA	\$2.50	EVERYDAY
JUICE 100% - 250ML - ORANGE, APPLE	\$2.00	EVERYDAY

CHILL j - 100% SPARKLING FRUIT JUICE - GRAPE, ORANGE PASSIO, RASPBERRY	\$2.50	EVERYDAY
<u>FROZEN ICE SNACKS</u>		
FROZEN FRUIT KEBABS	\$1.00	EVERYDAY
FROZEN JUICE CUP - 99% JUICE	\$1.50	EVERYDAY
FROZEN JUICES - 99% JUICE - TROPICAL & WILDBERRY	\$1.20	EVERYDAY
FROZEN JUICE TUBES - 99% JUICE TROPICAL & WILDBERRY	\$1.50	EVERYDAY
QUELCH FRUIT ICE STICK - 99% JUICE	\$1.00	EVERYDAY
TWISTED FROZEN YOGHURT - CHOCOLATE, STRAWBERRY	\$2.50	OCCASIONAL

