

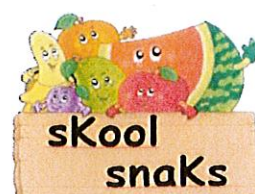
BEXLEY PUBLIC SCHOOL CANTEEN MENU

(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)

TERM 2 & 3 WINTER 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	\$2.50	EVERYDAY
FRUIT SALAD - LARGE	\$3.50	EVERYDAY
MUFFINS - FRUIT - HOMEMADE	\$2.00	OCCASIONAL
PIKELETS - HOMEMADE	\$1.00	EVERYDAY
JUICE - 100% - ORANGE, APPLE	\$2.50	EVERYDAY
MILK - 300ML - PLAIN	\$2.00	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)	\$3.00	EVERYDAY
SNACKS		
FRUIT SALAD - SMALL	\$2.50	EVERYDAY
FRUIT SALAD - LARGE	\$3.50	EVERYDAY
FRUIT SALAD WITH YOGHURT - SMALL	\$3.00	EVERYDAY
FRUIT SALAD WITH YOGHURT - LARGE	\$4.00	EVERYDAY
WATERMELON CUP - SMALL	\$1.50	EVERYDAY
WATERMELON CUP - LARGE	\$2.50	EVERYDAY
YOGHURT - VAALIA FOR KIDS POUCH (STRAWBERRY)	\$3.00	EVERYDAY
YOGHURT - VAALIA FOR KIDS POUCH (VANILLA)	\$3.00	EVERYDAY
CUSTARD	\$1.50	EVERYDAY
JELLY - LOW JOULE	\$2.00	OCCASIONAL
VEGETABLE STICKS	\$2.00	EVERYDAY
VEGETABLE STICKS WITH DIP	\$2.50	EVERYDAY
VEGETABLE STICKS WITH LITE CHEESE & WHOLEMEAL CRACKERS	\$4.00	EVERYDAY
FRESH FRUIT - SEASONAL	\$1.50	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN)	\$0.50	EVERYDAY
RICE CRACKERS (WHOLE/PLAIN WITH LITE CHEESE)	\$1.50	EVERYDAY
PIKELETS - (HOMEMADE)	\$1.00	EVERYDAY
MUFFINS - (FRUIT - HOMEMADE)	\$2.00	OCCASIONAL
POPCORN - LIGHTLY SALTED	\$2.00	OCCASIONAL
GRAIN WAVES - SOUR CREAM & CHIVES - 28G	\$2.50	OCCASIONAL
RED ROCK - SEA SALT - 28G	\$2.50	OCCASIONAL
COLD LUNCHES - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE)		
ROLLS	\$1.00	EVERYDAY
TURKISH BREAD	\$1.50	EVERYDAY
GLUTEN FREE BREAD	\$1.50	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)	\$4.50	EVERYDAY
SALAD	\$5.00	EVERYDAY
ADD ANY OF THE FOLLOWING - TOMATO, BEETROOT, CUCUMBER, CARROT, LETTUCE	\$0.50 ea	EVERYDAY
CHEESE, AVOCADO OR PINEAPPLE	\$1.00ea	EVERYDAY
WRAPS		
RAINBOW VEGGIE WRAP - (AVOCADO, EGG, CARROT, LETTUCE, TOMATO, CUCUMBER, CORN & LITE CHEESE)	\$6.00	EVERYDAY
CHICKEN CAESAR WRAP - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE & CAESAR DRESSING) (HALAL)	\$6.00	EVERYDAY
SWEET CHILLI CHICKEN TENDER WRAP - CHICKEN TENDER, TOMATO, LETTUCE & MAYO (HALAL)	\$6.00	EVERYDAY
TURKEY WRAP - (TURKEY, AVOCADO, TOMATO, LETTUCE, CHEESE & RANCH DRESSING)	\$6.00	EVERYDAY
FALAFEL WRAP - (FALAFEL, TOMATO, CUCUMBER, RED ONION, PARSLEY & HOMMAS) (HALAL)	\$6.00	EVERYDAY
SALADS		
GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, SPANISH ONION, OLIVES, FETA)	\$6.00	EVERYDAY
CAESAR SALAD - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE) (HALAL)	\$6.00	EVERYDAY
FATTOUSH - (LEBANESE SALAD) LEBANESE BREAD, TOMATO, CUCUMBER, CAPSICUM, RADDISH, ONION (HALAL)	\$6.00	EVERYDAY

MIXED SALAD - (LETTUCE, CHERRY TOMATO, CARROT, CELERY, CUCUMBER, BEETROOT)	\$6.00	EVERYDAY
MIXED SALAD - ADD CHOICE OF EGG, LITE CHEESE, HAM, CHICKEN, AVOCADO OR TUNA	\$1.00 EA	EVERYDAY
HOT FOOD		
MONDAY		
CHICKEN BREAST NUGGETS (3.5 STAR RATING) (HALAL)	\$6.00	OCCASIONAL
MACARONI & CHEESE (HOMEMADE) (HALAL)	\$6.00	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
TUESDAY		
THIN & CRISPY PIZZA (CHEESE, CHEESE & TOMATO & ZAATAR)- HOMEMADE	\$6.00	EVERYDAY
VEGETARIAN FRIED RICE (HOMEMADE)	\$6.00	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	\$4.50	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
WEDNESDAY		
NACHO BOX (HOMEMADE)	\$6.00	Occasional
SUSHI (ASSORTED)	\$5.50-\$7.50	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
THURSDAY		
CHICKEN SCHNITZEL ROLL WITH TOMATO, LETTUCE & MAYO (HALAL)	\$6.00	EVERYDAY
NAPOLITANA PENNE PASTA (HOMEMADE) (HALAL)	\$6.00	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
FRIDAY		
HOT DOG (HALAL)	\$6.00	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
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	\$2.00	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$3.00	EVERYDAY
UP & GO - 250ML - CHOCOLATE, STRAWBERRY, VANILLA	\$3.00	EVERYDAY
JUICE 100% - 250ML - ORANGE, APPLE	\$2.50	EVERYDAY
CHILL j - 100% SPARKLING FRUIT JUICE - GRAPE, ORANGE PASSIO, RASPBERRY	\$3.00	EVERYDAY
FROZEN ICE SNACKS		
FROZEN FRUIT BAGS	\$1.50	EVERYDAY
FROZEN JUICE CUP - 99% JUICE	\$2.00	EVERYDAY
QUELCH FRUIT ICE STICK - 99% JUICE	\$1.00	EVERYDAY
TWISTED FROZEN YOGHURT - CHOCOLATE, STRAWBERRY	\$3.00	OCCASIONAL