



BMPS CANTEEN 2020

COLD DRINKS

Water 600ml	\$2.00
Unflavoured light milk	\$2.00
Soy milk	\$2.50
OAK milk – Chocolate and Strawberry	\$2.50
Smoothies	\$3.50

HOT DRINKS

Hot Chocolate (child only deal)	\$1.00
Coffee and Tea available over counter for <u>adults only</u>	\$3.80
BYO reusable cup	\$3.50

FROZEN SNACKS

Frozen fruit pieces (seasonal)	\$0.50c
Fresh fruit frozen granita	\$2.50
Zooper Doopers	\$1.00
Mini Calippo	\$1.00
Paddle Pop	\$1.50

SNACKS

Seasonal fruit	\$1.00
Popcorn GF, VEGAN	\$1.00
Raw veg and cheese stick cups (hummus optional) GF, VEGAN.	\$1.50
Natural Yoghurt	\$3.00
- with options of frozen berries and/or muesli GF	\$0.50c per option
Healthy apple muffins (baked fresh) GF	\$2.00
Banana bread (baked fresh) DF	\$2.00
Super healthy coco pop bars (made fresh) GF, DF	\$2.00

Frankie Smith – 6R

2 x Chicken Strips	\$3.80
1 x Frozen Fruit	.50c
1 x Water.	<u>\$2.00.</u>

Thanks \$6.00

Sample of manual ordering >>>>

This page available for pre order only. Not available at recess.

SANDWICHES AND WRAPS/ ROLLS. GF

All sandwiches and wraps will be served on wholemeal/multigrain unless otherwise stated – we can offer high fibre white bread. All sandwiches can be made gluten free except Vegemite .

Cheese	\$3.00
Vegemite	\$3.00
Cheese and Vegemite	\$3.50
Ham and Cheese	\$5.00
Egg and Lettuce	\$3.50
Salad	\$4.50
Ham, Tuna or Chicken	\$4.50
Ham, Tuna or Chicken with Salad	\$6.00
Grilled chicken breast with avocado and mayo	\$6.50

Toasted, gluten free or rolls add 0.50c per selection (PLEASE CHECK PRICES)

HOT FOOD

HOT Potatoes with coleslaw and cheese (sour cream optional) GF	\$6.50
Homemade sausage rolls	3 for \$3.50
Sweet potato and zucchini slice GF	\$6.50
Pizza scrolls with fresh toppings	\$1.20
Meat pies	\$4.50
Party pies	\$1.20
Fried rice GF, VEGAN – Vegetarian	Regular \$4.00 Large \$7.00
Meat options	Regular \$5.00 Large \$8.00
Homemade Crumbed chicken strips GF, DF	2 for \$3.80 4 for \$7.00 6 for \$9.00

Homemade Pasta Bolognese GF	Regular \$5.00 Large \$8.00
Healthy Mac and Cheese GF	Regular \$5.00 Large \$8.00
Teriyaki Chicken with steamed rice GF, DF	Regular \$5.50 Large \$8.50
Hardboiled egg. GF	\$1.00
Steamed corn cob GF	\$1.00
Steamed Dim Sims (limited availability over the counter at recess and lunch)	\$1.20

BURGERS

Grilled chicken with lettuce, pineapple and cheese (mayo optional).	\$6.50
Veggie pattie with lettuce (tomato optional, aioli optional)	\$6.00
Beef burger with cheese and lettuce (beetroot on request)	\$6.00

SUSHI

Only available on Tuesdays
 - Tuna & Cucumber OR Chicken & Avocado \$3.50

HOT DOGS

Only available on Fridays \$4.00

OTHER

Sauces (BBQ, Soy and Tomato) \$0.20c

PLEASE NOTE QKR ORDERS CLOSE AT 9AM

STUDENTS MUST RETURN TO CANTEEN TO COLLECT FROZEN ITEMS.

ONE student name PER BAG as shown in example.

NO CREDIT