



BEECROFT PUBLIC SCHOOL CANTEEN MENU



EVERY DAY LUNCH ORDER OPTIONS

Hot Food		
v = vegetarian; g=gluten free		
v g	Corn on the cob	1.30
v	Cheesy roll – melted tasty cheese	3.20
	Chicken roll – hot chicken pieces	4.00
	Fantastic noodles – chicken flavour	3.20
v	Fantastic noodles – oriental flavour	3.20
	Meat pie (small, 90g)	2.20
	Meatball sub	4.00
	Potato pie (term 2 & 3 only)	4.00
	Sausage roll (large, 120g)	3.00
v	Spinach and ricotta roll (regular, 90g)	3.00
Condiments		
	Tomato sauce sachet	0.30
	Fork/spoon, when not included with meal	0.10
	Paper lunch bag	0.10
5 Food Group Lunch Box		
	1 sandwich: vegemite, honey or jam + Just Juice popper + ½ apple + serve carrot sticks + ½ slice of cheese + serve of sultanas – all packaged in a box for a great value, filling and healthy lunch! Ham sandwich (add \$1 extra)	5.00
Build- Your- Own Sandwiches		
v	Buttered roll	1.50
v	Sandwich bread – white, wholemeal	1.00
v g	Gluten free sandwich bread	2.00
Fillings		
v	honey <u>or</u> jam <u>or</u> vegemite	0.50ea
v g	tasty cheese slice	1.00ea
v g	pineapple ring	0.50
v g	baked beans, chopped boiled egg <u>or</u> curried egg	1.50ea
v g	Ham, chicken <u>or</u> tuna	2.00ea
v g	salad: lettuce, tomato, cucumber, grated carrot <u>and</u> beetroot	2.00
v g	lettuce <u>or</u> tomato <u>or</u> cucumber <u>or</u> grated carrot <u>or</u> beetroot	0.50ea
	tomato sauce <u>or</u> mayonnaise	0.30
	toasting	0.50
Fresh Garden Salads		
v g	salad box: lettuce, tomato, cucumber, grated carrot and beetroot - small	3.00
v g	salad box: as above – large	4.00
Boost Your Salad		
v g	grated cheese	1.00
v g	pineapple ring	0.50
v g	hard boiled egg	1.00
g	ham or chicken or tuna	1.00

DAILY LUNCH ORDER SPECIALS

Monday		
	Chicken Nuggets – pack of 4	2.50
	Pizza – ham + pineapple	3.60
v	Pizza – cheese + tomato	3.60
v	Avocado Sushi Roll	3.80
	Chicken Katsu Sushi Roll	3.80
	Chicken Teriyaki Avocado Sushi Roll	3.80
	Tuna Avocado Sushi Roll	3.80
Tuesday		
	Lasagne	4.30
v	Macaroni Cheese	4.30
v	Avocado Cucumber Sushi Roll	3.80
	Tempura Prawn Sushi Roll	3.80
	Teriyaki Chicken Cucumber Sushi Roll	3.80
	Tuna Cucumber Sushi Roll	3.80
Wednesday		
	Chicken Nuggets – pack of 4	2.50
v	Fried Rice – vegetarian	3.00
	Fried Rice with chicken	4.00
	Lasagne	4.30
v	Macaroni Cheese	4.30
	Teriyaki Chicken + Cucumber Sushi Roll	3.80
	Teriyaki Beef + Lettuce Sushi Roll	3.80
	Tuna Cucumber Sushi Roll	3.80
v	Vegetable Sushi Roll	3.80
Thursday		
v	Fried Rice – vegetarian	3.00
	Fried Rice with chicken	4.00
	Pizza – ham + pineapple	3.60
v	Pizza – cheese + tomato	3.60
v	Avocado Sushi Roll	3.80
	Chicken Katsu Sushi Roll	3.80
	Salmon Avocado Sushi Roll	3.80
	Tuna Avocado Sushi Roll	3.80
Friday		
v	Fried Rice – vegetarian	3.00
	Fried Rice with chicken	4.00
	Lasagne	4.30
v	Macaroni Cheese	4.30
v	Avocado Cucumber Sushi Roll	3.80
	Tempura Prawn Sushi Roll	3.80
	Teriyaki Chicken Sushi Roll	3.80
	Tuna Cucumber Sushi Roll	3.80

DRINKS

v g	Bottled Water, 600mL	1.50
v g	Juice Cup, 110mL – apple, apple/blackcurrant	0.80
v g	Just Juice Popper, 200mL - orange, apple, apple/blackcurrant, paradise punch	1.50
v g	Milk, plain	1.20
v g	Oak Milk, Lite – chocolate, strawberry	2.50
v	Up'n'Go – choc ice/ strawberry/ vanilla available for purchase from 9:10am	2.20

SNACKS

v g	Apples – whole or curly apple – we curl your apple	1.00 0.20
v	Anzac cookie	0.50
v	Bread sticks – plain, pizza	0.20
v	Fruit muffin – canteen baked	1.20
	Grain Waves – sour cream + chives	1.50
v g	Popcorn – freshly popped in canteen	1.00
v	Sultana slice – canteen baked	1.20
v g	Vege chips – BBQ, Italian	1.50
v g	Vegetable sticks – freshly chopped	0.70

FROZEN TREATS – over the counter only

v g	Callipo ice blocks	1.00
v g	Juicies – tropical, wildberry	0.70
v g	Juice cup with spoon	0.80
v	Milo pop	0.80
v g	Pineapple Juice pop	0.40
v g	Pineapple ring	0.50
v	Twister yoghurt cup with spoon	2.50

effective september 2018

The Canteen uses an online ordering system. You can order online using most phones and tablets by downloading the app QkR! by mastercard, registering and scanning the QR image provided. For any queries, please contact the school canteen.

**CUT OFF FOR LUNCH
ORDERS IS 9AM**

