

BPS Canteen Menu, Term1 2018

New

(4.5) H Oven-bake Potato Chips	\$4.00
(3.5) H Oven-bake Potato Wedges	\$4.00
(#) H Grilled Chicken – Burger Salad Wrap	\$5.00
(#) V Spinach & Ricotta Roll	\$4.00
(4) V Fruit, Yoghurt & Granola	\$3.00

(3.5 – 4.5) Sandwiches

All Sandwiches are made with Helga's Bread

V Salad (cheese, lettuce, tomato, cucumber, carrot)	\$4.00
Tuna Mix & Lettuce	\$4.50
H Chicken Mix & Lettuce	\$4.50
H Chicken & Cheese	\$4.00
V Vegemite and/or Cheese	\$3.50
Ham	\$3.50
Ham & Cheese	\$4.00



Add Extras

Chicken/Ham - \$1, Avocado - \$2.00

Tomato - \$0.00, Cheese/Beetroot - 50c

(3.5 – 4.5) Fresh/Toasted Wraps

V Plain Salad Wrap	\$4.00
H Chicken Strip, Lettuce & Mayo Wrap	\$4.00
H BBQ Chicken Strip Wrap	\$4.00
H Sweet Chilli Chicken Strip Wrap	\$4.00
H Chicken & Cheese Wrap	\$4.00
Ham & Cheese Wrap	\$4.00

Add Extras Chicken/Ham - \$1, Avocado - \$2.00

Toasties

All Toasted Sandwiches are made with Helga's Bread

(4) V Cheese Toasted Sandwich	\$3.50
(4) Ham & Cheese Toasted Sandwich	\$4.00
(4) H Chicken & Cheese Toasted Sandwich	\$4.00

Add Extras Chicken/Ham - \$1, Avocado - \$2.00

Sushi & Salads - Salads come with dressing

(#) G Tuna & Corn Sushi	\$3.00	Soy Sauce	30c
(5) V/G Garden Salad with Cheese	\$4.50		
(4.5) V/G Greek Salad with Feta	\$4.50		
(4.5) G Tuna & Salad	\$4.50		
(4) H Chicken & Salad	\$4.50		
(4) H Ham & Salad	\$4.50		

Add Extras Avocado - \$2.00, Feta/Egg/Beetroot - 50c

Salads – (over the counter only when available)

(4) Potato Salad	\$2.50
(3.5) Pasta Salad	\$2.50
(4.5) Greek Salad	\$2.50

Fruit & Yoghurt

(5) Piece of fruit (apple, mandarin or banana)	\$1.00
(4.5) Two Fruit Snack Pack	\$2.00
(5) Fruit Salad Cup	\$2.50
(4) Vaalia Yoghurt Tubs	\$1.50
(3.5) Twisted Frozen Yoghurt	\$3.00



Ice

(#) Streets Ice Cream	\$1 - \$3.00
(5) Frozen Juice Cup \$1.00, (#) Gelato Cups	\$2.50
(#) Flavoured Slushies (over the counter only)	\$2.50

❖ Lunch order bags are available and free with an order.

★ Star Rating will commence in 2019

❖ 3.5 Stars – 5 Stars (3.5 - 5) | Rating not given yet (#)

❖ V = Vegetarian, G = Gluten Free, H = Halal

Meal Deals

Meal Deal 1 - \$6 Baked Potato Wedges Piece of fruit Quench Drink	Meal Deal 2 - \$6 Chicken Burger Piece of fruit Quench Drink
Meal Deal 3 - \$6 Beef Lasagne Piece of fruit Chocolate Milk	Meal Deal 4 - \$6 Spinach & Ricotta Roll Piece of fruit Any Drink

Hot Food

(3.5) H Chicken Burger	\$4.00
(3.5) H Beef Burger w/ (Salad or Cheese)	\$4.00
(3.5) H Chicken Kebab Stick	\$3.50
(3.5) H Chicken Corn Roll	\$2.50
(3.5) H Chicken Tenders	\$2 each-1pc \$2.00
(3.5) H Chicken Nuggets	60c each-5pc \$3.00
(3.5) H Chicken Fingers	80c each-5pc \$4.00
(#) H Crumbed Fish Fingers (I&J)	80c each/4pc \$3.00
(#) V Garlic Bread	1 for \$1.50 or 2 for \$2.50
(#) V Cheesy Garlic Bread	1 for \$2.00 or 2 for \$3.00

Pastries & Sauce

(3.5) H Meat Pie	\$3.50
(3.5) H Sausage Roll	\$3.00
(3.5) H Steak & Potato Pie	\$4.00
(3.5) V Vegetarian Pie	\$3.50
Tomato / BBQ / Sweet & Sour / Tartare Sauce	30c

Pasta, Pizza, Noodles

(3.5) H Beef Lasagne	\$4.00
(#) V Vegetarian Lasagne	\$4.00
(3.5) H Spaghetti Bolognese	\$4.00
(3.5) V Macaroni & Cheese	\$4.00
(3.5) V Cheese & Garlic Pizza	\$4.00
(3.5) BBQ Chicken Pizza	\$4.00
(#) Noodles (Chicken / Beef)	\$3.00

Drinks

(4) 300ml Pura Plain Milk	\$1.50
(4) 300ml Oak Flavoured Milk	\$2.50
(4.5) Up & Go Breakfast Drink	\$2.50
(4.5) Harvey Juice (Apple, Orange)	\$2.50
(#) 600ml Bottled Water	\$2.00
(#) Quench Drinks	\$2.50
(#) Aloe Vera (Peach/Lychee/Pomegranate/Original)	
(#) Iced Tea (Peach/Lemon/Raspberry)	



Small \$2.50 Large \$3.00

(#) Hot Chocolate (over the counter only) \$2.50

Snacks

(#) Red Rock Deli & Other Chips Varieties	\$1.50
(4) Popcorn \$1.50, (#) Cookies	\$1.00
(4) Banana Bread \$1.50, (#) Choc Custard	\$1.50
(#) Cheese & Biscuits	\$1.00
(#) H Jelly \$1.50, (#) Muffin	\$4.00
(#) Ovalteenies \$1.50, (#) Sultanas	\$1.00
(#) Eucalyptus Drops 80c, (#) Sun Fruits	50c
(#) Rice Crackers 50c, (#) Bread Sticks	20c