

# BERWICK LODGE PRIMARY CANTEEN MENU

Effective Monday 21st August

## BELLBROOK CATERING



### HOT FOOD

Lasagna 97% fat free	\$4.00	☺☺☺
Macaroni Cheese	\$4.00	☺☺☺ V
Fried Rice	\$4.00	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Hot Noodles Chicken or Beef	\$3.00	☺☺
Chicken crumbed tender	\$1.80	☺☺GF
Pizza Slab (Ham&Pine or Margherita)	\$4.20	☺☺
Hot Dog Lite	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.20	☺☺☺
Chicken Burger with Lettuce & Low Fat Mayonnaise	\$4.20	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nuggets - 3 pack	\$3.00	☺☺
Chicken Breast Nuggets - 6 pack	\$5.00	☺☺

### MRS MACS GOOD EATING RANGE

Heart Foundation Approved, Reduced Fat, Low GI, No added MSG

100% Vegetable Pastie	\$4.00	☺☺ V
Beef Pie	\$4.00	☺☺
Sausage Roll	\$3.00	☺☺
Potato Top Pie	\$4.00	☺☺
Snack Party Pie	\$1.00	☺☺
Tomato Sauce	\$0.30	☺☺

Baked Bean and Cheese Toastie	\$3.20	☺☺☺ V
Spaghetti Toastie	\$2.80	☺☺☺ V
Cheese Toastie	\$2.80	☺☺☺ V
Ham(97% fat free) and Cheese	\$3.70	☺☺☺

**If your child has any food allergies please mark very clearly on the lunch bag**

### SNACKS

Cobs popcorn Cheese, Sea Salt or Slightly Sweet	\$1.50	☺☺GF
JJ's Chicken Crackers	\$1.50	☺☺
Red Rock Chips Honey/Soy	\$1.50	☺☺
Chips Sea Salt	\$1.50	☺☺GF
Cornitos Snack Cheese or BBQ	\$1.50	☺☺GF
Gingerbread	\$1.50	☺☺
Ovalteenies	\$1.20	☺☺
Home Style Cookies	\$2.00	☺☺
Fruit Salad Tub (Term 1 and 4)	\$3.00	☺☺☺GF

☺☺☺ Every Day Foods  
 ☺☺ Select Carefully foods  
 V Denotes Vegetarian  
 GF Denotes Gluten Free.

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

### SALADS, SANDWICHES, ROLLS AND WRAPS

	Sandwich	Wrap/Roll	
Vegemite	\$2.10	\$2.70	☺☺☺ V
Cheese	\$2.30	\$3.00	☺☺☺ V
Ham (97% fat free)	\$3.00	\$3.70	☺☺
Ham (97% fat free) and Salad	\$4.00	\$4.70	☺☺
Tuna & Salad	\$4.00	\$4.70	☺☺☺
Roast Chicken	\$3.50	\$4.20	☺☺☺
Roast Chicken & Salad	\$4.00	\$4.70	☺☺☺
Salad (lettuce,cheese,tomato,beetroot,carrot, cucumber)	\$3.60	\$4.20	☺☺☺ V
Egg & Lettuce	\$2.80	\$3.20	☺☺☺ V
JUMBO Sweet Chilli Wrap - 2 Chicken Tenders, Tomato, Sweet Chilli Sauce & Lite Mayo		\$6.30	☺☺☺
JUMBO Chicken Wrap - 2 Chicken Tenders, Lettuce Lite Sliced Cheese and Salsa		\$6.30	☺☺☺

### SALAD BOXES

Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Beetroot	\$6.30	☺☺☺ V
Salad Box (Deluxe)	\$7.00	☺☺☺
All Of The Above + Ham, Chicken or Tuna		GF

All sandwiches made from wholemeal, multigrain and white bread



### DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.50	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.50	☺☺☺GF
Orange or Apple		
Aqua Fruits Flavoured Springwater	\$2.50	☺☺GF
Cola, Blue Heaven or Apple Raspberry		
<b>FROZEN TREATS AND SNACKS</b>		
Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes	\$1.50	☺☺☺GF
Chocolate or Blue		
Frozen Pineapple or Watermelon	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.20	☺☺☺GF
Streets Choc Shake Cup	\$2.20	☺☺
Streets Paddle Pop	\$1.80	☺☺

### EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce Sachet	\$0.30	☺☺
<b>LUNCH BAGS</b>	\$0.10	

Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices