

# BELLBROOK CATERING



# BERWICK LODGE PRIMARY

## CANTEEN MENU

Open Monday, Wednesday, Friday

Please write your child's name, class and lunch order with prices on a suitable sized new lunch bag or add 0.20 for provided bag

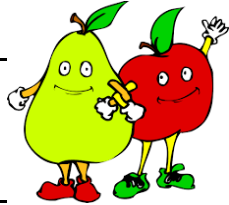
### HEARTY HOT FOOD

Lasagna 97% fat free	\$4.20	☺☺☺
Macaroni Cheese 97% fat free	\$4.20	☺☺☺
Chicken Fried Rice	\$4.20	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Hot Noodles Chicken or Beef	\$3.00	☺☺
Chicken crumbed tender	\$2.10	☺☺GF
Hot Dog	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.40	☺☺☺
Chicken Burger with Lettuce & Low Fat Mayo	\$4.40	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nugget - Bag of 3	\$3.30	☺☺
Chicken Breast Nugget - Bag of 6	\$5.50	☺☺
Corn Cobbette	\$1.00	☺☺☺
100% Vegetable Pastie	\$4.20	☺☺ V
Good Eating Beef Pie	\$4.20	☺☺
Good Eating Sausage Roll	\$3.20	☺☺
Good Eating Potato Top Pie	\$4.20	☺☺
Good Eating Snack Party Pie	\$1.00	☺☺

All pies heart foundation approved, low GI, reduced fat

### TASTY JAFFLES

Baked Bean and Cheese	\$3.40	☺☺☺ V
Spaghetti	\$3.00	☺☺☺ V
Cheese	\$3.00	☺☺☺ V
Ham and Cheese	\$4.00	☺☺☺



### SPECIAL SNACKS

Cobs popcorn, Sea Salt or Slightly Sweet	\$1.60	☺☺GF
Red Rock Chips Honey/Soy	\$1.60	☺☺
Chips Sea Salt	\$1.60	☺☺GF
Home Style Cookies	\$2.20	☺☺
Gingerbread	\$1.60	☺☺
Ovalteenies	\$1.20	☺☺
Homemade Mini Muffin	\$1.00	☺☺
Veggie Cup with Dip	\$2.00	☺☺☺GF
Yoghurt Frogs (5 pack)	\$1.00	☺☺
Mamee Rice Stick Snacks Cheese or Vegetable	\$1.00	☺☺GF
Mamee Noodle Snacks Chicken or BBQ	\$1.00	☺☺

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

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

### SUPER SANDWICHES AND SALADS

		Sandwich	
Vegemite	\$2.10		☺☺☺ V
Cheese	\$2.30		☺☺☺ V
Ham (97% fat free)	\$3.00		☺☺
Ham (97% fat free) and Salad	\$4.00		☺☺
Ham & Cheese	\$3.50		☺☺
Tuna & Salad	\$4.00		☺☺☺
Roast Chicken	\$3.50		☺☺☺
Roast Chicken & Salad	\$4.50		☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50		☺☺☺ V
Egg & Lettuce	\$2.80		☺☺☺ V
<b>Rolls or Wraps extra</b>	<b>\$0.60</b>		
<b>***All sandwiches on wholemeal bread ***</b> White/Multigrain bread available on request			
<b>FRESH MADE SALAD BOXES</b>			
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50	Regular	☺☺☺GF
Add beetroot	\$0.50		
Add egg	\$0.50		
Add Tuna, chicken or ham	\$1.00		

### EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺
<b>LUNCH BAGS</b>	<b>\$0.20</b>	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

### DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.70	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	☺☺☺GF
Orange or Apple		
Aqua Fruits Flavoured Springwater	\$2.70	☺☺GF
Cola, Blue Heaven or Apple Raspberry		

### FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes	\$1.70	☺☺☺GF
Chocolate or Blue		
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	☺☺☺GF
Frozen Yoghurt Tubes Strawberry	\$2.30	☺☺☺GF
Streets Choc Shake Cup	\$2.30	☺☺
Streets Paddle Pop	\$2.00	☺☺

### EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	☺☺☺
Mini Muffin		
Water		

**TURN OVER FOR OUR SPECIAL MEAL DAYS**