

Boambee Public School Canteen Menu

2022

Open - Wed, Thurs, Fri - 8.30am to 11.40am

Morning Specials 8.30am - 8.50am only

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| Cheesy melts - cheese or cheese & tomato | \$0.50 |
| Toasted sandwich ½ (chse or chse/tom) | \$0.50 |
| Spaghetti or baked bean toasted roll | \$1.00 |
| Weet-Bix bites (honey or fruit) | \$0.50 |
| Yoghurt cup with fruit or muesli | \$1.00 |
| Fruit (also lunchtime) | \$1.00 |
| Hot chocolate (also lunchtime) | \$1.00 |

Snacks for Lunch Break - 11am

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| Frozen juice or milk cups | \$1.00 |
| Ice-cream in a bucket (GF) | \$1.20 |
| Quelch fruit tubes | \$0.50 |
| Paddle pop (Rainbow or Choc) | \$2.00 |
| Twisted frozen yogurt (choc/vanilla or watermelon/mango) | \$2.00 |
| Juicies (lemonade/tropical or wildberry) | \$1.50 |
| Jelly and custard | \$1.00 |
| Frozen custard on stick | \$0.50 |
| Frozen yoghurt on stick (straw or mango) | \$0.50 |
| Frozen pineapple ring | \$0.50 |
| Frozen grapes (small bag) | \$0.30 |
| Anzac cookie | \$0.30 |
| Fruit muffin - homemade | \$1.00 |
| Water cracker (3) and cheese | \$0.50 |
| Popcorn (canteen made) | \$0.20 |

Drinks - All Day

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| Bottled water | \$1.50 |
| Plain milk 200ml | \$1.60 |
| Flavoured milk 300ml (choc or straw) | \$2.20 |
| Fruit juice 200ml (apple, orange or apple and blackcurrant) | \$1.60 |

Super Sandwiches and Wraps - 11am

All sandwiches are made on wholemeal bread and all rolls are white bread.

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| Salad sandwich – lettuce, carrot, tomato, beetroot, cheese, cucumber & mayo | \$3.50 |
| Salad sandwich plus ham or chicken | \$4.50 |
| Egg sandwich | \$3.20 |
| Egg and lettuce sandwich - egg, lettuce & mayo | \$3.50 |
| Ham or chicken or tuna | \$3.30 |
| Ham and cheese | \$3.50 |
| Ham, cheese & tomato | \$4.00 |
| Chicken & cheese | \$3.50 |
| Chicken, cheese & tomato | \$4.00 |
| Chicken, lettuce & mayo | \$4.00 |
| Cheese and tomato | \$3.00 |
| Cheese | \$2.50 |
| Vegetemite or jam or honey | \$2.00 |
| Salad wrap - lettuce, tomato, carrot, beetroot, cucumber, cheese, onion and mayo | Small \$3.50 Large \$4.50 |
| Salad wrap - with ham, chicken, egg or tuna | Small \$4.50 Large \$5.50 |

Extras for creating the perfect lunch:

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| Lettuce, tomato, carrot, beetroot, cucumber, corn, pineapple, mayo, cheese, | \$0.30 |
| Ham, chicken, tuna or egg | \$1.00 |

Salad Boxes - 11am

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| Mini Munch lettuce, tomato, carrot, beetroot, corn, cheese | \$3.50 |
| Super salad lettuce, tomato, carrot, cucumber, beetroot, corn, onion, cheese | \$4.50 |
| Mega salad super salad with ham or chicken or egg or tuna | \$5.50 |
| Fruit salad small tub seasonal fruits | \$3.00 |

Orange = occasional foods, Green = everyday foods

Hot Lunch Orders - 11am

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| Mini chicken wrap - crumbed chicken tender, lettuce, tomato, carrot & cheese | \$4.50 |
| Mini chilli wrap - crumbed chicken chilli tender, lettuce, tomato, carrot, cheese & sweet chilli sauce | \$4.50 |
| Chicken burger - flame grilled chicken breast, lettuce, cheese & mayo | \$4.50 |
| Surf burger - crumbed fish, lettuce, tomato & mayo | \$4.50 |
| Boambee burger - meat pattie, lettuce, cheese, tomato, beetroot & sauce | \$5.00 |
| Cheese burger - meat pattie, cheese, sauce | \$4.50 |
| Nachos GF – corn chip, cheese & h/made salsa | \$4.00 |
| Pizza - ham & pineapple | \$4.00 |
| Meatball sub – long roll filled with meatballs in a tomato sauce topped with cheese | \$4.00 |
| Pizza boats - long roll filled with nacho sauce, ham, pineapple & cheese | \$4.00 |
| Mini pie - lite (120g) | \$3.00 |
| Pie - lite meat (175g) | \$4.00 |
| Sausage roll - lite (120g) | \$3.00 |
| Chicken chips | 5 for \$3.50 |
| Chicken nuggets | 5 for \$3.50 |
| Tomato or BBQ sauce | \$0.40 |
| Lasagne 220g GF | \$4.00 |
| Macaroni & cheese 200g | \$4.00 |
| Mini munch salad with flame grilled chicken fillet. | \$5.00 |
| <u>Sushi – Friday only (to be ordered Thursday)</u> | |
| Single rolls: teriyaki chicken & avocado, cooked tuna & cucumber, vegetarian (carrot, cuc and avo) | \$4.00 |
| Mini rolls 6pk: avocado, teriyaki chicken, cucumber | \$4.00 |



Birthday Buckets

50 cents per ice-block. Please order before Friday for Monday and Tuesday.