| Boambee Public School Canteen Menu |  | 2021 |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Morning Specials 8.30am-8.50am only |  | Super Sandwiches and Wraps - 11am |  |  |
| Cheesy Melts - cheese or cheese \& tomato | \$0.50 | All sandwich | s are made on wholemeal |  |
| Spaghetti or Baked Bean Toasted Roll | \$1.00 | and all rolls | e white. |  |
| Weet-Bix Bites (honey or fruit) | \$0.50 | Captain Cru | - lettuce, tomato, cucumber |  |
| Yoghurt Cup with fruit or muesli | \$1.00 |  | with ham or chicken | \$3.50 |
| Fruit (also lunchtime) | \$1.00 | Rainbow Del | t - lettuce, carrot, tomato |  |
| Hot Chocolate (also lunchtime) | \$1.00 | beetroot, che | e, cucumber \& mayo | \$3.50 |
| Snacks for Lunch Break - 11am |  | Rainbow Del | t plus ham or chicken | \$4.50 |
| Frozen Juice or Milk Cups | \$1.00 | Egg Head - | , lettuce \& mayo | \$3.20 |
| Ice-cream in a bucket (GF) | \$1.20 | Ham or Chick | n or Tuna | \$3.00 |
| Quelch Fruit Tubes | \$0.50 | Ham \& Chee |  | \$3.20 |
| Paddle Pop (Rainbow, Choc or Banana) | \$2.00 | Ham, Chees | Tomato | \$3.50 |
| Jelly, Fruit \& Custard | \$1.00 | Chicken \& Ch | ese | \$3.20 |
| Frozen Custard on stick | \$0.50 | Chicken, Che | se \& Tomato | \$3.50 |
| Frozen Yoghurt on stick (straw, mango) | \$0.50 | Cheese \& To |  | \$3.00 |
| Iceberg - juice on stick | \$0.50 | Cheese |  | \$2.50 |
| Frozen Pineapple Ring | \$0.50 | Vegemite or | $m$ or Honey | \$2.50 |
| Frozen Grapes (small bag) | \$0.30 | Salad Wrap - lettuce, tomato, carrot, beetroot, cucumber, cheese, onion and mayo |  |  |
| Fruit Muffin - homemade | \$1.00 |  |  |  |
| Grainwaves Chips (sour cream/chives) | \$1.50 | Small \$3.50 Large \$4.50 |  |  |
| Red Rock Chips (sea salt) | \$1.50 | Salad Wrap - with ham, chicken, egg or tuna |  |  |
| Water Cracker (3) \& Cheese | \$0.50 | Small \$4.50 Large \$5.50 |  |  |
| Popcorn (canteen made) | \$0.20 | Salad Boxes - 11am |  |  |
| Drinks - All Day |  | Free Ice-cup with every salad order |  |  |
| Bottled Water | \$1.50 | Mini Munch | lettuce, tomato, carrot, |  |
| Plain Milk 200ml | \$1.50 |  | beetroot, corn, cheese | \$3.50 |
| Flavoured Milk 300ml (choc or straw) | \$2.20 | Super Salad | lettuce, tomato, carrot, |  |
| Fruit Juice 200ml (apple, orange or apple \& blackcurrant) | \$1.60 |  | cucumber, beetroot corn, onion, cheese | \$4.50 |
| Extras for creating the perfect lunch; |  | Mega Salad | Super Salad with ham |  |
|  |  | or chicken or egg or tuna | \$5.50 |
| corn, pineapple, mayo, cheese, | \$0.30 |  | Fruit Salad | Small Tub seasonal fruits | \$3.00 |
| Ham, chicken, tuna or egg | \$1.00 |  |  |  |  |
| Tomato or BBQ sauce | \$0.40 | Pasta Salad (cold) pasta, carrot, peas, |  |  |  |
| Paper Bags (available at canteen) | \$0.20 |  | tomato, cucumber \& mayo | \$3.00 |  |
|  |  | Add ham, ch | ken or tuna to pasta salad | \$4.00 |  |
|  |  | Orange $=0$ c | sional foods, Green= ever | day foods |  |

## Super Sandwiches and Wraps - 11am

All sandwiches are made on wholemeal bread
and all rolls are white.
Captain Crunch - lettuce, tomato, cucumber
with ham or chicken $\$ 3.50$
Rainbow Delight - lettuce, carrot, tomato
beetroot, cheese, cucumber \& mayo
$\$ 3.50$
Rainoow Delight plus ham or chicken \$4.50
Egg Head - egg, lettuce \& mayo \$3.20
Ham or Chicken or Tuna \$3.00
$\$ 3.20$
$\$ 3.50$
$\$ 3.20$
$\$ 3.50$
$\$ 3.00$
$\$ 2.50$
$\$ 2.50$
Salad Wrap - lettuce, tomato, carrot, beetroot,
cucumber, cheese, onion and mayo
Small \$3.50 Large \$4.50
Small \$4.50 Large \$5.50
Salad Boxes - 11am
Free Ice-cup with every salad order
Mini Munch lettuce, tomato, carrot, beetroot, corn, cheese
Super Salad lettuce, tomato, carrot, cucumber, beetroot corn, onion, cheese

Nega Salad Super Salad with ham or chicken or egg or tuna

## Open - Wed, Thurs, Fri

## Hot Lunch Orders - 11am

Mini Chicken Wrap - crumbed chicken tender, lettuce, tomato, carrot \& cheese
$\$ 4.00$
Mini Chilli Wrap - crumbed chicken chilli tender lettuce, tomato, carrot, cheese \& sweet chilli sauce
Chicken Burger - flame grilled chicken breast lettuce, cheese \& mayo
Hawaiian Burger - flame grilled chicken breast Lettuce, cheese, pineapple \& mayo
Surf Burger - crumbed fish lettuce, tomato \& mayo
Boambee Burger - meat pattie, lettuce, cheese,tomato, beetroot \& sauce
Cheese Burger - meat pattie, cheese, sauce ..... $\$ 4.00$
Veggie Burger - vegetable patty, lettuce, carrot tomato, cheese \& mayo ..... $\$ 4.00$
Pizza - Ham \& Pineapple ..... $\$ 4.00$
Pizza Boats - long roll filled with nacho sauce, ham, pineapple \& cheese ..... \$3.50
Mini Pie - lite (100g) ..... $\$ 2.50$
Pie - lite meat (175g) ..... $\$ 4.00$
Sausage Roll - lite (120g) ..... $\$ 3.00$
Chicken Chips x 5 ..... $\$ 3.50$
Chicken Nuggets x 5 ..... $\$ 3.50$
Lasagne 220g ..... $\$ 4.00$
Macaroni and Cheese 200g ..... $\$ 4.00$
Oven Baked Chicken Wings (each) ..... $\$ 1.00$
chicken fillet. ..... $\$ 4.50$
Ordering TipsOn the front of a bag please write your child's name,class and order and enclose correct money if possible.Drink orders require a separate bag labelled with nameclass and type of drink. Place folded order bags inbasket at canteen on arrival at school.

