



BMPS CANTEEN – TERM 3, 2023

COLD DRINKS

☺ Water 600ml	\$2.50
☺ Oak Light Milk (Chocolate/Strawberry)	\$3.50
☺ Smoothies (Banana/Mixed Berry)	\$3.50
☺ Juice Box 250ml –	\$2.80
☺ Unflavoured Light Milk	\$2.80

HOT DRINKS COLLECT FROM CANTEEN ITEMS

☺ Hot Chocolate (child only deal)	\$2.50
-----------------------------------	--------

Cappuccino, Latte, Tea & Hot Chocolate

Available over counter for adults only

Reg \$5.00

Lrg \$7.00

Supply a keep cup & save 50c

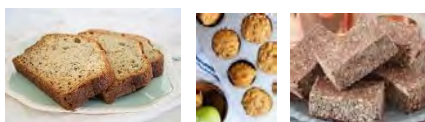
PLEASE ENSURE YOU SELECT THE CORRECT YEAR LEVEL, CLASS AND DAY WHEN ORDERING VIA Qkr!

FROZEN SNACKS – ALL COLLECT FROM CANTEEN ITEMS

☺ Frozen fruit pieces – GF DF V	
Watermelon, pineapple	\$1.00
☺ Frozen granita – Mixed Berry GF DF V	\$3.50
☺ Zooper Doopers	\$1.00

SNACKS

☺ Seasonal whole fruit	\$1.80
☺ Popcorn GF DF V	\$1.00
☺ Veg & cheese cups GF DF V	\$3.00
Add hummus	\$1.00
☺ Natural Greek yoghurt GF	\$3.00
add frozen berries GF	\$4.00
☺ Apple muffins (baked on site) GF	\$3.00
☺ Banana bread (baked on site) DF	\$2.80
☺ Coco pop bars (made on site) GF, DF	\$3.50



Follow us on FB for specials and new items @

Café 28 by Six Seeds

OVER THE COUNTER ALL OPTIONS NOT DISPLAYED HERE

NOT EVERY ITEM WILL BE AVAILABLE EVERY DAY

-NOT AVAILABLE ON QKR!

- ☺ Light tasty cheese & crackers
- ☺ Messy Monkeys – burger or pizza whole grain bites
- ☺ Yoghurt Pouches
- ☺ Sultanas/raisins
- ☺ True fruit bars - fruit straps
- ☺ Peaches/two fruit cups

CAFÉ 28 IS OPEN

MONDAY - FRIDAY

8.30am-3.30pm

Six Seeds value respectful **OPEN & HONEST** feedback at all times

Due to some ongoing supply issues continuing on from last year, there are some items we have temporarily removed from our menu. We apologise for any inconvenience this may cause



All items with GF gluten free, DF dairy free or V vegan indicate items that can be made to meet dietary requirements. You MUST select option when ordering.

This page available for pre order only. Not available at recess.

SANDWICHES AND WRAPS/ ROLLS WHITE, MULTI, GF AVAIL

😊 Cheese	\$3.50
😊 Egg & lettuce	\$4.80
😊 Salad – with cheese, tomato, beetroot, carrot, lettuce	\$5.00
Add Ham	\$1.00
Add Chicken	\$2.50
😊 Ham	\$5.00
😊 Chicken	\$5.50
Add cheese	\$0.50
😊 Grilled chicken breast with avocado and mayo	\$7.00

Toasted add \$0.50

Gluten Free white bread add \$1.00

Roll add \$0.50

(PLEASE CHECK PRICES)

SALADS

😊 Garden Salad - lettuce, cucumber, tomato	\$5.00
carrot GF DF V	

BURGERS

😊 Grilled chicken with lettuce and cheese	\$7.50
- pineapple & mayo optional	
😊 Veggie patty with lettuce	\$9.00
- tomato & aioli optional	
😊 Beef patty with cheese and lettuce	\$7.00
- beetroot on request	

HOT FOOD

😊 Homemade sausage rolls	3 for \$4.50
😊 Pizza scroll with fresh toppings	\$1.50
😊 Meat pie	\$4.70
😊 Party pie	\$1.70
😊 2 Chicken Strips (made in house) GF, DF	\$4.50
😊 Homemade Pasta Bolognaise GF	reg \$6.00 lrg \$9.00
😊 Healthy Mac and Cheese GF	reg \$6.00 lrg \$9.00
😊 Teriyaki Chicken with rice GF, DF	reg \$6.00 lrg \$9.00
😊 Hardboiled egg GF DF	\$1.50
😊 Steamed corn GF DF V	\$1.70
😊 Steamed Rice & Veg GF DF V	reg \$5.50 lrg \$8.50
😊 Steamed Rice, Veg & Ham GF DF	reg \$6.00 lrg \$9.00

SUSHI TUESDAYS ONLY

😊 Tuna & Cucumber	\$4.00
😊 Chicken & Avocado	\$4.00

Supplied by Foodworks Bacchus Marsh

HOT DOGS FRIDAYS ONLY

😊 Hotdog	\$4.80
<u>OTHER</u>	
Sauces Tomato	\$0.50c
Soy	\$0.030c

HOW TO SET UP ONLINE ORDERING WITH Qkr! By

MASTERCARD



TIPS –

DOUBLE CHECK YOU HAVE SELECTED THE CORRECT YEAR AND CLASS FOR YOUR CHILD SO WE ASSIGN THEIR LUNCH TO THE CORRECT CLASS

DOUBLE CHECK THE DATE AND DAY YOU ARE ORDERING FOR

Sample Manual Order

Please include name, class, \$ value enclosed & dietaries

Frankie Smith 6R

1 Reg Bolognaise	\$6.00
1 Chocolate Oak	\$3.50
1 GF Apple Muffin	\$3.00
TOTAL	\$12.50

Enclosed \$15.00