



BMPS CANTEEN 2019

COLD DRINKS

Water 600ml	\$2.00
Unflavoured light milk	\$2.00
Soy milk	\$2.50
OAK milk – Chocolate and Strawberry	\$2.50
Smoothies	\$3.50

HOT DRINKS

Hot Chocolate (child only deal)	\$1.00
Coffee and Tea available over counter for <u>adults only</u>	

SUSHI

Only available on <u>Tuesdays</u>	\$3.50
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FROZEN SNACKS

Frozen fruit pieces (seasonal)	\$0.50c
Fresh fruit frozen granita	\$2.50
Homemade frozen yoghurt	\$1.50
Zooper Doopers	\$1.00
Mini Calippo	\$1.00
Paddle Pop	\$1.50

SNACKS

Seasonal fruit	\$1.00
Popcorn GF	\$1.00
Raw veg and cheese stick cups with hummus (hummus optional) GF	\$1.50
Yoghurt with options of frozen berries, muesli and/or granola GF	\$4.00
Healthy apple muffins (baked fresh) GF	\$2.00
Banana bread (baked fresh)	\$2.00
Super healthy coco pop bars (made fresh) GF	\$1.50

Sample of manual ordering >>>>

<i>Frankie Smith – GR</i>	
2 x Chicken Strips	\$3.00
1 x Frozen Fruit	.50c
1 x Water.	<u>\$2.00.</u>
<i>Thanks :)</i>	\$5.50

SANDWICHES AND WRAPS/ ROLLS. GF

All sandwiches and wraps will be served on wholemeal/multigrain unless otherwise stated – we can offer high fibre white bread. All sandwiches can be made gluten free except Vegemite .

Cheese	\$2.50
Vegemite	\$2.50
Cheese and Vegemite	\$3.50
Egg and Lettuce	\$3.00
Salad	\$4.00
Ham, Tuna or Chicken	\$4.50
Ham, Tuna or Chicken with Salad	\$5.00
Grilled chicken breast with avocado and mayo	\$6.00

Toasted, gluten free or rolls add 0.50c per selection

HOT FOOD

HOT Potatoes with coleslaw and cheese (sour cream optional) GF	\$6.50
Pesto Chicken and Veg meatballs with rice GF	Regular \$5.00 Large \$8.00
Healthy sausage rolls – homemade	3 for \$2.50
Sweet potato and zucchini slice GF	\$5.50
Pizza scrolls with fresh toppings	\$1.00
Meat pies	\$4.00
Party pies	\$1.00
Fried rice GF – Vegetarian	Regular \$4.00 Large \$7.00
Meat options	Regular \$5.00 Large \$8.00
Homemade crumbed chicken strips GF	2 for \$3. 4 for \$5.50. 6 for \$7.50

Homemade Pasta Bolognese GF	Regular \$4.50 Large \$7.50
Healthy Mac and Cheese GF	Regular \$4.50 Large \$7.50
Teriyaki Chicken with steamed rice GF	Regular \$5.50 Large \$8.50
Hardboiled egg. GF	\$1.00
Steamed corn cob GF	\$1.00
Steamed Dim Sims	\$1.00

BURGERS

Grilled chicken with lettuce, pineapple and cheese (homemade mayo optional).	\$6.50
Veggie pattie with lettuce (tomato optional, aioli optional)	\$5.50
Beef burger with cheese and lettuce (beetroot on request)	\$5.00

OTHER

Sauces (BBQ and tomato)	\$0.20c
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QKR ORDERS AFTER 9am WILL NOT BE ACCEPTED.

MANUAL ORDERS AFTER 9.30am WILL NOT BE ACCEPTED.

STUDENTS MUST RETURN TO CANTEEN TO COLLECT FROZEN ITEMS.

ONE student name PER BAG with example

NO CREDIT