

St Mary's Bellinghen Canteen Menu - 2018

Wednesday & Friday

MONSTER MEAL DEAL \$6!!!



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Any Sandwich/Toastie from list below (incl. Taco) with choice of water, juice or milk popper and a freshly baked muffin!
(muffins will vary on any given day between Banana or Berry)

**** All sandwiches and toasties are now available on fresh baked wholemeal bread or a wrap!****

Sandwiches

Vegemite	\$ 2.00
Egg	\$ 3.00
Egg & Lettuce	\$ 3.20
Ham OR Cheese	\$ 3.00
Ham & Cheese	\$ 3.50
Ham, Cheese & Tomato	\$ 3.80
Ham & Salad	\$ 4.20
Cheese & Salad	\$ 4.20
Chicken & Cheese	\$ 4.50
Chicken, Lettuce & Mayo	\$ 4.50
Chicken & Salad	\$ 4.80
CRISPY CHICKEN SOFT TACO	\$ 3.50

Fruit

Frozen Pineapple ring	\$ 0.50
Frozen Orange 1/4	\$ 0.50
Frozen seedless Grapes - 10 for	\$ 1.00
Apple-curlly or plain	\$ 1.00

Icy Treats

Quelch Fruit Tubes	\$ 1.00
Smooze	\$ 1.50
Mango coconut/ pineapple c'nut/ guava c'nut	

Lunch Order Bags

Pre purchase 20 Bags	\$ 2.00
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Drinks

Water	\$ 2.00
Poppers	\$ 2.00
Apple/orange/Tropical	
Milk	\$ 2.00
Chocolate/ Strawberry	
Hot Chocolate (TERM 2 & 3)	\$ 2.00
Home baked Muffin-order a.m.	\$ 2.00

Toasted Sandwiches

Vegemite	\$ 2.10
Ham	\$ 3.10
Cheese	\$ 3.10
Cheese and Tomato	\$ 3.30
Ham and Cheese	\$ 3.60
Ham Cheese and Tomato	\$ 3.90
Ham Cheese and Pineapple	\$ 4.00
Chicken	\$ 4.30
Chicken & Cheese	\$ 4.60

Hot Food

Pizza Muffins	(2)	\$ 4.00
Ham & Pineapple	(1)	\$ 2.50
Ham & Cheese		
Chicken & Cheese		
Chicken & Pineapple		

Beef Pie	\$ 4.50
Chicken Nuggets - 5 for	\$ 3.50
- each additional	\$ 0.60
Spinach & Cheese Roll (standard size)	\$ 4.30
Sausage Rolls (standard size)	\$ 3.50
Tomato Sauce	\$ 0.30

GLUTEN FREE OPTIONS

Sandwiches -options as above add \$1	
Meal Deal (see above choices)	\$ 7.00
Ricotta and Veg Roll	\$ 6.00
Crispy Chicken soft Taco	\$ 4.50
Chicken Nuggets	5 for \$ 4.00
Pizza muffin	for 1 \$ 3.00
(flavour options above)	for 2 \$ 4.50
Home Baked Muffin	\$ 3.00

Use our COLOUR CODED MENU to select food based on the nutritional benefit of the food:

Green Foods: Fill your tummy - these foods will supply the most nutrition and are excellent lunch choices.

Amber Foods: Select carefully - these foods have limited nutritional benefit, and are a sometimes food.

Red Foods: Occasionally - these foods have little or no nutritional benefit.