

WINTER Menu

Includes options for vegetarian (V), vegan (VG) and gluten free (GF) diets - please ask if you're unsure!

Recess

Assorted savoury and sweet scrolls	\$1.75
Muffins	\$1.75
Fruit	\$0.60
Gluten free biscuits	\$0.65
Daily Specials	Assorted

Drinks

300ml Flavoured Milk	\$3.50
600ml Flavoured Milk	\$4.50
Emma & Toms Cloudy Apple Juice	\$3.50
Emma & Toms Orange Juice	\$3.50
Harvey Fresh Juice Box Apple & Blackcurrant	\$2.30

Frozen Treats

Dixie Icecream Bucket	\$3.00
Miloshake	\$3.50
Frozen Juice Cup	\$1.20
Frozen Yoghurt	\$3.00

Salads

Gourmet Salad Box (V, VG, GF) **\$7.00**
Includes egg, lettuce, carrot, cheese, tomato, cucumber, sprouts, pineapple and beetroot

Tuna, Chicken or Ham in a Salad Box (GF) **\$8.00**

Caesar Salad **\$7.00**

Caesar Salad with Chicken **\$8.00**

Sandwich Bar

Sandwich **\$4.50**
Roll **\$5.00**
Turkish (1/2) **\$5.00**

Breads | Multigrain, white or gluten free (+\$1)

Fillings | Ham, tuna, chicken, roast beef, cheese or egg
Additional protein (+\$0.50)

Salad | Lettuce, shredded carrot, tomato and cucumber

Comes with a choice of mayo, pickles, tomato, chilli or BBQ sauce

Vegemite Roll **\$3.50**
Plain Roll **\$2.30**

Toasted

Toasted Sandwich with two fillings (V, GF) **\$5.50**

Select from baked beans, spaghetti, ham, tuna, chicken, cheese, tomato, pineapple, avocado
Additional filling (+\$0.50)

Hot Options

Homemade Soup & Roll **\$4.50**

Chicken & Cheese Hot Roll **\$4.50**
Includes chicken, cheese and mayo

Tropicana Hot Roll **\$4.50**
Includes ham, cheese and pineapple

Burger (V) **\$6.50**
Choose from beef, fish, chicken or vege patty with salad, in a wholemeal bun

Daily Specials

Monday

Mrs Macs Sausage Roll (GF) **\$3.80**
Mrs Macs Pie **\$4.60**
Mrs Macs Vege Pastie (V) **\$4.60**
Mrs Macs Spinach and Ricotta Roll (V) **\$3.50**

Tuesday

Homemade Butter Chicken **\$7.00**
Homemade Vege Curry (V) **\$7.00**
Both served with steamed rice

Wednesday

Sweet & Sour Chicken and Rice **\$7.00**

Thursday

Hot Roast Beef Rolls with Gravy **\$5.50**

Friday

Fish Bites with Chips and Garden Salad **\$7.00**

The BCGS Canteen menu is consistent with the Australian Dietary Guidelines for children and adolescents. The menu consists of a wide variety of food from the five food categories and, where possible, is made from scratch.

