**Daily** Specials

# Winter Menu III

Includes options for **vegetarian** (V), **vegan** (VG) and gluten free (GF) diets. If you are unsure, please ask a member of staff.

## RECESS 😪

ASSORTED SAVOURY & SWEET SCROLLS	\$1.75
MUFFINS	\$1.75
FRUIT	\$0.60
BISCUITS (GF)	\$0.65
DAILY SPECIALS	Assorted

SERVED HOT

<b>BURGER (V)</b> Options include beef, chicken, vegetarian or fish	\$6.50
HOMEMADE SOUP & ROLL	\$4.50
CHICKEN & CHEESE HOT ROLL Includes mayo	\$4.50
<b>TROPICANA HOT ROLL</b> Includes ham, cheese and pineapple	\$4.50
SALADS	
<b>GOURMET SALAD BOX</b> ( V, VG , GF ) With egg, lettuce, carrot, cheese, tomato, sprouts and beetroot	\$7.00
TUNA/CHICKEN/HAM SALAD BOX ( GF )	\$8.00

IUNA/CHICKEN/HAM SALAD BOX (GF)	\$8.00
CAESAR SALAD	\$7.00
CHICKEN CAESAR SALAD	\$8.00



### 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 ( ${\tt V}$ )	\$3.50
SAUCE PORTIONS	\$0.50

#### TUESDAY

HOMEMADE BUTTER CHICKEN with steamed rice	\$7.00
HOMEMADE VEGE CURRY with steamed rice ( $V$ )	\$7.00

#### WEDNESDAY

SPAGHETTI BOLOGNESE	\$7.00
Rich bolognese sauce served with pasta and cheese	

#### THURSDAY

HOT ROAST BEEF ROLLS with Gravy	\$5.50
FRIDAY	
FISH BITES with Chips and Garden Salad	\$7.00

## **Drinks & Frozen Treats**

FLAVOURED MILK 300mL	\$3.50
FLAVOURED MILK 600mL	\$4.50
EMMA & TOMS CLOUDY APPLE JUICE	\$3.50
EMMA & TOMS ORANGE JUICE	\$3.50

\$3.50

\$2.30

\$5.50

Breads | Wholemeal, White, Gluten Free (+\$1) Fillings | Ham, Tuna, Chicken, Roast beef, Cheese, Egg Salad | Lettuce, Shredded carrot, Tomato, Cucumber

Choice of mayo, pickles, tomato, chilli or BBQ sauce

**VEGEMITE ROLL** 

**PLAIN ROLL** 

**TOASTED SANDWICH** with two fillings (V, GF) Select from baked beans, spaghetti, ham, tuna, chicken, cheese, tomato, pineapple, avocado (add. filling +\$0.50)

HARVEY FRESH JUICE BOX Apple & Blackcurrant DIXIE ICE CREAM BUCKET **MILO SHAKE FROZEN JUICE CUP FROZEN YOGHURT** 





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.