BEACON HILL PRIMARY SCHOOL MENU - 2009

CANTEEN MENU TERM 2 2009

HOT FOOD AVAILABLE AT RECESS ONLY:

CHICKEN GOUJONS	0-30
HASH BROWN TRIANGLES	0-30
DIM SIMS	0-50
BAIDA CHICKEN BREAST WEDGE	0-50
1/2 CHEESE & GARLIC ROLL	**0-50**
OVENABLE MINI SPRING ROLL	0-50

SNACKS - Counter & Lunch

GRISSINI BREADSTICK	**0-10**
LICORICE	0-20
TOMATO SAUCE	**0-30**
B.B.Q SAUCE	**0-30**
MINI MANGO JELLY	0-50
MINI STRAWBERRY JELLY	0-50
DINO JELLY	0-50
SCOOBY-DOO COOKIES	0-50
FINGER BUN HALF	0-60
HOT POPCORN	**1-00**
FLAV P/CORN Chic/S & V/BBQ	**1-00**
RED ROCK DELI CHICKEN/PLAIN	1-00
BOILED JASMINE RICE w SOY	**1-00**
CHOC CHIP COOKIES	1-00
FINGER BUN WHOLE	1-20
CHEESE & BACON ROLL	1-50

FROZEN TREATS COUNTER ONLY:

JELLY STICK	0-10
YOGO ICE STRAWBERRY	0-50
YOGO ICE MANGO	0-50
FRUIT STICKS	0-50
CALIPO	0-80
ICY TWIST	0-90
STREETS PADDLE POPS	1-20
MOO PADDLE POP	1-20
POLAR CRUSH	1-50

DRINKS - Counter & Lunch

WATER 375ml	**1-00**
WATER 600ml	**1-50**
CHOC MILK 250ml	2-00
STRAW MILK 250ml	2-00
BANANA MILK 250ml	2-00
PLAIN MILK 300ml	2-00
APPLE JUICE 250ml	1-50
ORANGE JUICE 250ml	1-50
BLACKCURRANT 250ml	1-50

POPPER JUICE FIZZ - APPLE BASED

BLACKCURRANT, LEMON & LIME, PINE & PASSIONFRUIT ORANGE/MANGO, RASPBERRY	1-50

LUNCH ORDERS ONLY

LUNCH BAGS 0-10

SANDWICHES

ROLLS: ADD	**0-60**
EXTRAS: ADD	**0-50**
VEGEMITE	**1-50**
BAKED BEANS	**2-50**
CHEESE	**2-50**
SPAGHETTI	**2-50**
TOMATO	**2-50**
CHICKEN	**2-80**
EGG (Mayonnaise)	**2-80**
HAM	**2-80**
SALMON	**3-00**
TUNA (Mayonnaise)	**3-00**
SALAD	**3-00**
CHICKEN/SALAD	**3-50**
CHEESE/SALAD	**3-50**
EGG/SALAD	**3-50**
HAM/SALAD	**3-50**
SALMON/SALAD	**3-50**

SALAD BOXES

CHEESE/SALAD	**4-00**
CHICKEN/SALAD	**4-00**
EGG/SALAD	**4-00**
HAM/SALAD	**4-00**

HOT FOOD

HOT CORN COB	**1-00**
GARLIC BREAD	**1-00**
BOILED JASMINE RICE w SOY	**1-00**
CRUMBED CHICKEN TENDERLOINS	2-80
FANTASTIC CURRIED CHICKEN NOODLES	2-80
FANTASTIC BBQ BEEF NOODLES	2-80
HAM/PINEAPPLE PIZZA	2-80
SAUSAGE ROLL	2-80
FRIED RICE	**2-80**
MACARONI CHEESE	**3-30**
MEAT PIE	3-30
FLAME GRILLED BURGER	**3-80**
LASAGNE	**3-80**
SPAGHETTI BOLOGNAISE	**3-80**
CHICKEN SUB - 2 x Tenderloins on a wholemeal roll with lettuce & mayo	**3-80**

THE CANTEEN ENDEAVOURS TO USE NSW CANTEEN ASSOC APPROVED ITEMS

****NO LUNCH ORDERS FOR PSSA****

NB ITEMS PRINTED IN BOLD ARE "GREEN" LIST FOODS. THESE FOODS PROMOTE HEALTHY EATING HABITS FOR OUR CHILDREN

OTHER ITEMS ARE "AMBER" LISTED FOODS WHICH SHOULD BE EATEN IN MODERATION.

The NSW Healthy School Canteen Strategy is a joint venture by the Department of Education & Training, Department of Health and Catholic/Independent Schools. Good food & plenty of physical activity now will provide a healthy future for our children.