



THE BONYTHON BILLABONG



By “Mel’s Canteen” at Bonython Primary School

MENU 2018

OPEN WEDNESDAY-THURSDAY-FRIDAY

Order using a **paper bag and cash (please try to use correct change if possible)** handed in to the canteen by **9.30am** or order on line with **FLEXISCHOOLS** following instructions online to sign up and **order and pay ONLINE by 9.30am** each day!! Cash sales will be available over the counter at Recess and Lunch breaks.

ALL PRICES ARE INCLUSIVE OF GST

Tomato sauce sachet 35c Paper bags 20c

MEAL DEALS \$6.00 WITH A DRINK OF YOUR CHOICE

(ORDERED WITH NO DRINK - ALL FOOD ITEMS BELOW ARE \$5.00)

(☺) MEAL DEAL 1- SPAGHETTI BOLOGNAISE WITH LITE CHEESE (E/F) (G/F option available on request add \$1.00)

(Bolognese sauce-Tinned tomatoes/Onion/garlic/mixed herbs/lean mince/tomato paste/ G/F salt reduced soy sauce/kidney beans/hi-fibre pasta). **Cooked in canteen**

(☺) MEAL DEAL 2- 2 TOASTED LITE CHEESE AND TOMATO SANDWICHES (G/F option available on request add

\$1.00) (lite cheese/no margarine or salt-reduced Ham unless requested). **Cooked fresh**

(☺) MEAL DEAL 3- FRESH CHICKEN SALAD (G/F) (E/F option without mayo)

(iceberg lettuce /tomato/cucumber/cheese/ chicken breast / and lite mayo). **Cooked fresh**

(A) MEAL DEAL 4- 2 CHICKEN TENDERS AND GARDEN SALAD (E/F option without mayo)

(2 Chicken tenders, Salad Lettuce, cherry tomatoes, cucumber. Tomato sauce optional)

(A) MEAL DEAL 5- 5 FISH FINGERS WITH LEMON WEDGE AND MELON BALL SALAD (D/F) (E/F) (G/F free option

available on request add \$1.00) (Fish, Breadcrumbs, lemon, watermelon, honeydew melon, rock melon)

(☺) MEAL DEAL 6- CHEESEBURGER WITH LETTUCE (Tomato sauce on request) (G/F option available on request

add \$1.00) (E/F option available on request) (Beef pattie - egg /garlic / breadcrumbs on wholemeal bun with lite cheese/ iceberg lettuce). **Cooked in canteen**

(A) MEAL DEAL 8- CANTEEN-MADE SAUSAGE ROLL AND POTATO WEDGES (Tomato sauce optional)

(A) MEAL DEAL 9- HAWAIIAN PIZZA AND WEDGES (G/F option available on request add \$1.00) (Ham Pineapple and cheese Pizza)

☺ MEAL DEAL 10- MAC AND CHEESE (G/F available on request add \$1.00) (Hi-fibre macaroni and cheese sauce)
Cooked in Canteen

SNACK FOODS

☺ 80c APPLE SLINKY

☺ 70c HAPPY FACE/ BOILED EGG

☺ 55c PIKELETS (with jam if specified)

☺ 35c FROZEN FRUIT POPS

☺ 55c WATERMELON SHAPES

☺ 35c AIR POPPED POPCORN

☺ 85c CUCUMBER, CARROT AND CAPSICUM DIP CUPS

(A) 55c CUSTARD CUP

☺ 80c MELON BALL AND STRAWBERRY SALAD (add dollop of lite yoghurt 20c)

(A) \$1.45 SUNRICE MINI BITES (salt and vinegar/cheese) (G/F) (A) \$1.90 MESSY MONKEYS BITES (burger/pizza) (G/F)

FROZEN FOODS

(A) 99% FRUIT JUICE ICY POLE 70c whole/ 35c half

☺ 55c FROZEN PINEAPPLE RING

☺ 20c FRUZIE CUBE (Strawberry, Vanilla)

☺ 35c FROZEN ORANGE WEDGE

☺ \$2.20 "TWISTED" creamy frozen yoghurt swirl

(Mango and w-melon/Blueberry and cookie dough/Choc)

☺ 20c 2 PAPPADUMS

☺ 35c FRUIT BAG

SOME HOT FOOD MENU ITEMS CAN BE PURCHASED OVER THE COUNTER AS AVAILABLE DAILY

(A) 55c BAG OF POTATO WEDGES

(A) 80c CHICKEN NUGGETS - maximum serving 5 nuggets (G/F available on request)

DRINKS (AVAILABLE OVER THE COUNTER)

☺ \$2.20 MOOVE MILK (strawberry/choc) 300ML

☺ \$1.65 PLAIN MILK 125ML

☺ \$1.90 JUST JUICE (apple/orange/Apple Blackcurrant) 200ML

☺ \$1.65 WATER BOTTLE 350ML

(A) \$2.20 GLEE Fizzy 99% Juice (Tropical Treat/Blackcurrant)

(A) \$1.00 "ICY COLD" FRUIT FRAPPE'S (Banana and Strawberry/ Mango and Pineapple) RECESS ONLY

PLEASE NOTE: Prices are subject to change and all prices are inclusive of GST. All items are subject to availability.

As per the National Healthy School Canteen guidelines see the below key for healthy choices! All eggs used are free range!

☺ GREEN

(A) AMBER

(G/F) Gluten Free

(E/F) Egg free

(D/F) Dairy Free

ANY QUESTIONS or allergy or intolerance issues please contact **Bridget Whatford** Canteen manager-0449 203 141
Bonython Primary School (02)61420640

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FRUIT /VEG/MEAT PROUDLY SUPPLIED FROM



WANIASSIA 62318755

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