

# BETHANY CHRISTIAN SCHOOL

## CANTEEN MENU - TERM 4 2019

### SANDWICHES & WRAPS

#### 2 easy steps:

#### 1. Choose your bread

White, wholemeal or gluten free (buttered) V	\$1.00
Wrap (wholegrain) V	\$1.20
Toasted (add extra)	\$0.50

#### 2. Choose your toppings

(all item prices are per item)

Ham GF	\$1.00
Chicken or tuna	\$2.00
Carrot, cheese, cucumber, gherkin, lettuce or tomato V	\$0.60
Strawberry jam or vegemite	\$0.60
Bbq, sweet chili tomato, mustard, mayo or aioli	\$0.20

### SALADS

Fruit Salad (seasonal) V GF	\$4.50
Garden - carrot, cucumber, lettuce & tomato V GF	\$3.50
Add ham	\$4.50
Add chicken or tuna	\$5.50

### MEAL DEAL #1 = \$6.50

ANY pie, pasty, or pizza (large sausage roll - Temple only)

PLUS 1 any drink (except Temple only milks) PLUS 1 snack (\$0.70)

### MEAL DEAL #2 = \$5.50

A small sausage roll (Bethany only)

PLUS 1 water or moo milk PLUS 1 snack item (\$0.70)

### HOT FOOD

Pies - beef or beef cruiser	\$4.00
Vegetable Pasties V	\$4.00
Chilli Beef Roll	\$4.00
Large Sausage Roll (TEMPLE ONLY)	\$4.00
Small Sausage Roll (BETHANY ONLY)	\$3.50
Pizza - Hawaiian, margarita V, chicken or meatlovers	\$4.00
Fried Rice V	\$4.00

### DRINKS

Water 600ml	\$2.00
Moo Milk 200ml - chocolate, Strawberry	\$2.00
Up & Go 250ml - chocolate, strawberry or banana	\$2.50
Glee 250ml - berry, b/currant, grape or tropical	\$2.50
Juice box 250ml - apple, b/crnt, Orange or tropical	\$2.50
Iced Tea 250ml - b/crnt, lemon, peach or raspberry	\$2.50

### FROZEN FOODS

Juices - berry, tropical or lemonade	\$1.50
Frosty Fruit , Lemonade Icy Pole or Lifesaver	\$2.00
Billabong - chocolate or rainbow	\$2.50
Frozen Yoghurt - straw, mango/watermelon, choc	\$3.00

### DAILY SPECIALS

#### MONDAY

NOODLES	Beef or Chicken	\$2.50
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#### TUESDAY

HOT DOGS	Plain	\$3.50
	Add sauce	\$0.30
	Add cheese	\$0.70

#### WEDNESDAY

NACHOS	Corn chips, salsa & cheese	\$4.50
	Add sour cream	\$5.00

#### THURSDAY

WEDGES	Potato wedges	\$4.50
	Add sweet chili & sour cream	\$5.00

#### FRIDAY

PASTA	Lasagne, spaghetti bol or mac & cheese V	\$4.50
	(Gluten Free mac & cheese available VGF)	

### SNACKS

	Pretzels, Popcorn or Jelly (must be ordered)	\$0.50
	Assorted snacks	\$0.70
	Yoghurt Tubs—low fat	\$1.50
	Red Rock Deli Chips	\$1.30
	Choc Muffin	\$2.50