



# BISTROBANIA Canteen Menu 2017



• Fresh Tastes @ School • Member of the NSW Healthy Kids • Winner Central Coast Canteen Awards 2010-2016  
 • Open Monday to Friday 8.30am till 1.20pm • For information, please contact the Canteen Manager on 43691246 and ask for the Canteen

## Breakfast (8.30-8.45 only)

Toast –	
Plain, Vegemite or Strawberry Jam.....	0.50
Hot Milo.....	1.00
Cheese & Bacon Roll.....	1.50
Fruit juice 200ml (Orange or apple).....	2.00
Up & Go.....	2.00

## Miscellaneous Items

Plastic spoons.....	0.10
Plastic forks.....	0.10
Paper lunch bags.....	0.20
Tomato sauce.....	0.40
Barbeque sauce.....	0.40
Sticky beaks lunch wallets.....	8.00

## Recess (10.55-11.15)

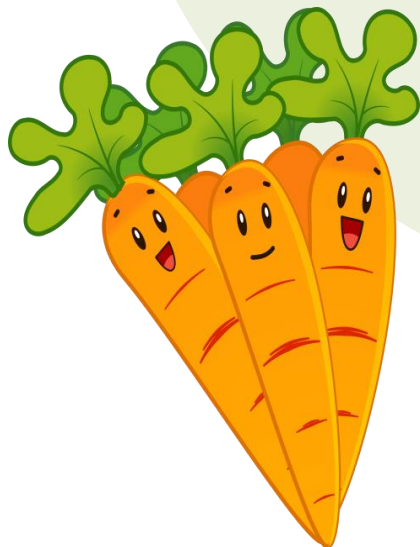
¼ Assorted bread (limit of 4 quarters).....	0.10
¼ Frozen orange.....	0.20
Frozen mini milk sticks.....	0.30
Homemade pikelet (served with butter or jam).....	0.50
Apple slinky.....	0.90
Greek Yoghurt with nut free homemade muesli.....	1.00
Zing Yoghurt.....	1.00
Hash brown.....	1.00
Homemade pizza sub.....	1.00
Cheese toastie (4 quarters).....	1.00
Jumpys.....	1.00
Popsy's Popcorn.....	1.00

## Drinks – Recess

Hot Milo.....	1.00
Water 350ml.....	1.50
Flavoured milk (Choc, strawberry and banana).....	2.00
Fruit juice 200ml (Orange or apple).....	2.00

## Frozen Lunch Treats

Penguins, Dolphins (apple/orange juice).....	0.10
Frozen orange ¼.....	0.20
Frozen mini milk sticks.....	0.30
Quech fruit stick.....	0.50
Ice mony pop.....	0.80
Moosies.....	1.00
Bevco frozen juice cup.....	1.00
Low Fat Vanilla Ice-cream cup.....	1.00
Juicies (lemonade).....	1.00
Zing yoghurt.....	1.00
TNT sour ice pop.....	1.00
Slushies.....	2.00



## GENERAL INFORMATION

### FLEXISCHOOLS ONLINE ORDERING AVAILABLE

GO TO [www.flexischools.com.au](http://www.flexischools.com.au)

### Over The Counter Orders

Students **NAME** and **CLASS** to be written on the outside of the bag

Please place all recess and lunch orders in separate bags

Please supply an extra 20 cents to cover the cost bags if you do not have one

All orders must be paid for on the day, credit is not available

All orders must be received by 9.30am. Change owing will be taped to the outside of the bag.



- Recess orders are to be collected from the canteen. Lunch orders are sent to classrooms.
- Please add an extra 20 cents if you need the canteen to supply a bag. 10 cents for a spoon/fork.
- Slushies/frozen items will not be placed into lunch bags. Slushie orders will have a ticket placed into the bag for the children to claim their slushie. Children will need to present their lunch bag to claim other frozen items.
- **Emergency Lunch.** If your child is sent to the canteen for an emergency lunch e.g. they have left their lunch box at home, lunch will be substituted with left over hot food or a sandwich will be made. A note will be sent home for payment the next day.
- Sorry no food to be re-heated from home. This is against food standard 3.2.2.
- The canteen always needs volunteers. Please speak to the canteen manager for available days and times



# Lunch 12.30 - 1.20

Must be pre-ordered and in lunch basket on counter by 9am

## Sandwiches

(Prepared with one slice of white + one slice of wholemeal or GLUTEN Free)

Add 50c for rolls and wraps.

Add \$1.00 for GLUTEN FREE BREAD

Vegemite.....	2.00
Jam.....	2.00
Cheese.....	2.50
Baked Beans.....	2.80
Cheese and tomato.....	3.00
Ham.....	3.00
Ham and cheese.....	3.30
Tuna.....	3.30
Ham, cheese + tomato.....	3.50
Roast chicken.....	3.80

## Salad Sandwiches

(Prepared with one slice of white + one slice of wholemeal or GLUTEN Free Bread)

Add 50c for rolls and wraps. \$1.00 for GF Bread

Salad.....	3.60
Ham and salad.....	4.00
Cheese and Salad.....	4.30
Tuna and salad.....	4.30
Chicken and salad.....	4.80

## Super Salad Boxes (Includes container and fork)

All Served with lettuce, tomato, cucumber, beetroot, carrot

Salad (All salad + a slice of buttered w/meal bread)....	4.50
Roast chicken salad (All salad, add diced chicken).....	5.50
Chicken tender salad (All salad, add a chicken tender).....	5.50
Ham salad (All salad, add leg ham slices).....	5.50
Tuna salad (All salad, add tuna).....	5.50

## Gourmet Wraps

Hawaiian (ham, cheese, pineapple).....	4.50
Chicken Wrap (Tender, lettuce, tomato, sweet chilli + mayo).....	4.50
Cheesy Wrap (Tender, lettuce, tomato, cheese, swt/Chilli + mayo).....	5.00
Caesar Wrap (Tender, lettuce, tomato, bacon pieces and caesar).....	5.50
Works Wrap (Tender + all salad).....	5.50

## Gourmet Burgers

Chicken Burger (Chicken Pattie, lettuce, and low fat mayo).....	4.00
Chilli Burger (Chicken Pattie, lettuce and sweet chilli sauce).....	4.00
Cheesy Burger (Chicken Pattie, lettuce, cheese and low fat mayo).....	4.50
Caeser Burger (Chicken Pattie, lettuce, bacon pieces and caesar).....	5.00
Works Burger (Chicken Pattie, + all salad).....	5.50
Bistrobania Burger (Homemade beef Pattie + all salad).....	5.50

## Nachos

Nacho Bowl (Homemade with container + fork) (Pita chips, bolognaise mince, lettuce, tomato, .grated cheese + light sour cream).....	4.50
---	------

## Miscellaneous Extras

Tomato, cucumber, beetroot, carrot.....	0.40
Cheese.....	0.50

## Hot Food

Chickadee yummy drummy.....	1.30
Cheese and bacon roll.....	1.50
Hot Cheese roll.....	2.60
Thompson's lean beef sausage roll.....	2.60
Ham and pineapple pizza single (homemade).....	3.50
Thompson's lean beef meat pie.....	3.60
Lean beef lasagne (Homemade with container + fork).....	4.00
Mac cheese (Homemade with container + fork).....	4.00

## Toasties

(Prepared with one slice of white + one slice of wholemeal or GLUTEN FREE Bread)  
Add \$1.00 for GLUTEN FREE Bread

Cheese.....	2.50
Baked beans.....	3.30
Cheese and tomato.....	3.50
Ham and Cheese.....	3.80
Ham, cheese and tomato.....	4.00
Ham, cheese and pineapple.....	4.00
Chicken, cheese and mayo.....	4.50

## Drinks - Lunch

Water 350ml.....	1.50
Flavoured milk (Choc, strawberry and banana).....	2.00
Fruit juice 200ml (Orange or apple).....	2.00
Slushies.....	2.00

