

BSHS Canteen Menu

Term 2, 2019

Breakfast

Available All Day

TO START THE DAY

Bacon & Egg Muffin	\$4.00
Ham & Cheese Toastie	\$4.00
Cheese & Tomato Toastie (V)	\$4.00
Hash Brown Potato	\$1.50
Yoghurt, Berry & Muesli Crunch (V)	\$4.00

BREAKFAST COMBO DEAL

Bacon & Egg Muffin & Breaka Milk 300ml	\$6.00
Toasted Sandwich & Breaka Milk 300ml	\$6.00

Lunch Specials

WHEN HUNGER STRIKES

Small \$4.50 / Large \$6.50

MONDAY

Snack Pack with Chicken or Lamb	\$6.50
Classic Chicken Schnitzel Burger	\$5.50
Beef Ravioli with Tomato Sauce - Small/Large	\$4.50/\$6.50
Spinach and Ricotta Ravioli - Small/Large	\$4.50/\$6.50

TUESDAY

Beef Lasagne	\$5.00
Cheese Macaroni	\$4.50
Chicken Teriyaki with Rice - Small/Large	\$4.50/\$6.50
BSHS Beef Burger with Cheese (H)	\$5.50

WEDNESDAY

Pizza Hut 1/4 Pizza - Hawaiian	\$4.00
- BBQ Meatlovers	\$4.00
- Cheese Lover (V)	\$4.00
Spaghetti Bolognese - Small/Large	\$4.50/\$6.50
BLT (Bacon, Lettuce, Tomato & Aioli)	\$5.00

THURSDAY

Fish & Wedges	\$5.50
Nachos - Chilli Con Carne	\$6.00
Nachos - Vegetarian (V)	\$6.00
Stir Fry Hokkien Noodle w/ Chicken - Small/Large	\$4.50/\$6.50

FRIDAY

Queenslander Beef Burger w/ Cheese (H)	\$6.00
Vegetarian Burger w/ cheese (V)	\$6.00
Butter Chicken with Rice	\$6.50
Fettuccine Boscaiola - Small/Large	\$4.50/\$6.50
Vilis Gourmet Steak Pie	\$4.50

(H) Halal

(V) Vegetarian

(VG) Vegan

(GF) Gluten Free

SANDWICHES

Varieties may change daily.

SANDWICHES

Tasty Cheese, Avocado & Salad	\$4.50
Chicken Caesar Sandwich	\$4.50
Egg & Lettuce	\$4.50
Ham, Cheese & Tomato	\$4.50

TO KEEP YOU WARM

TOASTED SANDWICHES & Sub

Chicken & Cheese	\$4.00
Cheese & Tomato (V)	\$4.00
Ham & Cheese	\$4.00
Hot & Spicy Chicken Sub	\$4.00
Toasted Mediterranean Roll (V)	\$4.00

MORE WARM CHOICES

Sausage Roll	\$4.00
Dimsim (V)	\$4.00
Dumplings Pork & Chive	\$4.00
Potato Gems	\$3.00

SUSHI

SUSHI

Various Daily Choices	\$3.50
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SALADS

Greek Salad	\$5.50
Chicken Caesar Salad	\$5.50
Mediterranean Salad	\$5.50
Fresh Fruit Salad - Various Daily Choices	\$3.90

A LITTLE EXTRA

Greek Yoghurt with Berries & Muesli	\$4.00
Chia Pudding with Berries & Muesli (VG)	\$4.00
Sliced Banana Bread	\$2.50
Sliced Banana Bread (GF)	\$2.90
Muffins (Blueberry, Apple Cinnamon, Orange & Poppy Seed)	\$2.90
Protein Health Bar Varieties	\$3.50
Sauces - BBQ, Tomato, Mustard	\$0.30
Sweet Chilli or Soy Sauce	each

Please note:

My Student Card online Statement provides itemised details of all purchases made on card.

Beverages & Extras

FROM THE FRIDGE

MILK

Plain Milk - 500ml	\$2.00
Plain Milk Lite - 500ml	\$2.00
Breaka Chocolate - 300ml	\$2.75
Breaka Strawberry - 300ml	\$2.75
Ice Break Coffee - 320ml	\$2.75
Ice Break Coffee - 500ml	\$3.75
Breaka Chocolate - 500ml	\$3.75
Breaka Strawberry - 500ml	\$3.75
Breaka Coffee - 500ml	\$3.75
OAK Vanilla - 600ml	\$3.75
OAK Chocolate - 600ml	\$3.75

UP & GO 350ml

Chocolate	\$3.50
Strawberry	\$3.50

UP & GO 500ml	\$4.50
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Speciality Milk

So Good Soy Milk	\$4.50
Almond Milk	\$4.50
Zymil (Lactose Free)	\$4.50

IMPRESSED - FRUIT JUICES

Jack Rose	\$4.50
Sunny Side Up	\$4.50
Summer Green	\$4.50

WATERFORD MINERAL WATERS

Raspberry Lite	\$3.50
Apple Berry	\$3.50
Orange/Mango	\$3.50
Passionfruit Lite	\$3.50
Orange/Passionfruit	\$3.50

LITTLE EXTRAS

TISSUES	\$1.00
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STATIONERY

<i>A range of stationery items are available for purchase from the canteens:</i>	Various prices
- Pens	
- Pencils	
- Erasers	
- A4 Exercise Books	
- Protractors, etc.	

* Please purchase at canteens before school.

WATER

Water - 600ml	\$2.00
Sparkling Water	\$2.20
Water 1.5L	\$3.50
Water 750ml	\$2.00

JUICES

So Juicy 100% Juice 300ml

Orange	\$3.00
Apple	\$3.00

EMMA & TOMS 100% - SMOOTHIES

Radical Action	\$4.50
Karma Rama	\$4.50

EMMA & TOMS 100% - JUICES

Cold Pressed Cloudy Apple	\$4.50
Juice Squeezed - Orange	\$4.50

ORGANIC Kumbucha Organic Drink 350ml	\$4.50
Amplify Lemon & Ginger	\$4.50

OVI HYDRATION 350 ml

Peach	\$3.50
Lychee	\$3.50

LIPTON ICE TEA 500ml

Peach Light	\$3.75
Lemon	\$3.75

OH SPARKLING LOW SUGAR

Peach	\$2.50
Grape	\$2.50
Lychee	\$2.50

KRAZY LEMON 200ml	\$2.00
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OCCASIONAL SNACKS

RED ROCK DELI CHIPS

- Honey Soy Chicken or Sea Salt	\$1.50
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SMITHS CHIPS

- Original or Salt & Vinegar	\$1.50
- Grain Waves - Sour Cream & Chives	\$1.50
Ajita Vege Chips	\$1.50
Cheese & Crackers	\$2.00

SNAPS - Gluten Free & Vegetarian (GF) (V)

Oregano & Thyme	\$1.50
BBQ	\$1.50
Salsa	\$1.50

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