

# BSHS Canteen Menu 2022

## BREAKFAST

### TO START THE DAY

Bacon & Egg Muffin	\$4.50
Ham & Cheese Toastie	\$4.00
Cheese & Tomato Toastie (V)	\$4.00
Hash Brown Potato (V)	\$1.00
Yoghurt, Berry & Muesli Crunch (V)	\$4.00
<b>CEREAL BOWL WITH MILK</b>	
Coco Pops Sachet 35g with 100ml Milk	\$2.00
Nutri-Grain Sachet 35g with 100ml Milk	\$2.00
Weet-Bix Sachet 30g with 100ml Milk	\$2.00
Hot Chocolate with Milk	\$2.00

## LUNCH SPECIALS

### WHEN HUNGER STRIKES - Small \$5.50 / Large \$7.50

#### MONDAY

Crispy Chicken & Chips with sauce - <b>Small/Large</b> (H)	\$5.50/\$7.50
Subway Assorted Subs and Wraps (GF and Vegan also available)	From \$5.00
Chicken GYRO (H) or Falafel Kebab (H)	\$7.00
Chicken Fried Rice with sweet & sour sauce <b>Small/Large</b>	\$5.50/\$7.50

#### TUESDAY

Beef Lasagne (Regular) Beef Lasagne (GF)	\$6.00
Veg Lasagne 250g (V) Cheese Macaroni (V)	\$6.00
Butter Chicken with Rice	\$7.50
<b>Mr Haynes</b> Classic Beef Slider (H)	\$7.50
Chicken Nuggets with Fries and Sauce (Halal)	\$5.00/\$7.00

#### WEDNESDAY

Pizza Hut 1/4 Pizza - Cheese Lover (V)	\$4.00
- BBQ Meat Lover	\$4.00
Bento Box (Spring Roll, Chicken Karaage Curry with Veggie Pattie and Salad)	\$14.00
Spaghetti Bolognese - <b>Small/Large</b>	\$5.50/\$7.50
Crispy Chicken Wrap with Sweet Chilli Sauce (H)	\$4.50

#### THURSDAY

Fish & Wedges	\$5.50
Nachos - Chilli Con Carne (H)	\$6.50
Nachos - Vegetarian (V)	\$6.50
Chicken Tikka Masala with Rice (H)	\$7.50

#### FRIDAY

Queenslander Beef Burger (H)	\$6.00
Queenslander Vegetarian Burger (V)	\$6.00
Butter Chicken with Rice (H)(GF)	\$7.50
Beef Burrito Bowl with White Rice & Corn Chips (H)(GF)	\$8.00
Villis Gourmet Steak Pie (H)	\$5.00

### Please note:

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## AVAILABLE ALL DAY

### SANDWICHES

Note: Variety may change daily.

<b>SANDWICHES</b>	
Tasty Cheese, Avocado & Salad (V)(GF)	\$5.00
Chicken Caesar Sandwich	\$5.00
Egg & Lettuce Sandwich (V)	\$5.00
Ham, Cheese & Tomato Sandwich	\$5.00

### BAGEL

Ham Cheese & Salad Bagel (V)	\$5.00
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**SUBWAY** Every Monday From \$5.00 to \$8.00

### TO KEEP YOU WARM

#### Toasted Sandwich, Sub & Turkish Bread

Chicken & Cheese (H)	\$4.00
Cheese & Tomato (V)	\$4.00
Ham & Cheese	\$4.00
Hot & Spicy Chicken Sub (H)	\$4.00
Toasted Mediterranean Turkish Bread (V)	\$5.50

### MORE WARM CHOICES

Noodle Cup	\$2.00
Dim Sim (V)	\$4.50
Pork Dumplings & Chives	\$4.50
Potato Gems (V)	\$3.00

### SUSHI

Various Choices (Chicken Katsu, Tuna Avo, Prawn Tempura and Avo)	\$4.00
Sushi Combo Tray	\$7.00
Rice Paper Roll (VG)	\$6.50

### SALADS

Greek Salad (V)	\$6.00
Chicken Caesar Salad	\$6.00
Pesto Pasta Salad (V)	\$6.00
Deli Lunch Pack - Cheese & Crackers	\$7.00
Seasonal Fruit Salad (V)	\$4.00
Watermelon Tub (V)	\$4.00

### GRAB N GO (Special dietary requirement)

Greek Yoghurt with Berries & Muesli (V)	\$4.00
Chia Pudding with Berries & Muesli (VG)(DF)	\$4.00
Orange & Almond Cake Slice (GF)(DF)	\$4.00
Sliced Banana Bread (V)	\$3.00
Sara Lee Muffins - Blueberry or Chocolate (V)	\$2.50
Protein Health Bar varieties (GF)(VG)(Nut Free)	\$3.50
Cheese & Crackers (V)	\$2.00
Byron Bay Cookie (V)(GF)(VG)(H)	\$3.50

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## FROM THE FRIDGE

### MILK

Plain Milk - 500ml	\$2.00
Plain Milk - 1L	\$3.50

### FLAVOURED MILK

Breaka Chocolate - 300ml	\$2.50
Breaka Chocolate - 500ml	\$4.00
Breaka Strawberry - 500ml	\$4.00
Breaka Coffee - 500ml	\$4.00
OAK Vanilla - 600ml	\$4.00
OAK Chocolate - 600ml	\$4.00

### ICE COFFEE

Ice Break Coffee - 500ml	\$4.00
Ice Break Coffee (Double Shot) - 500ml	\$4.00
Ice Break Coffee (Low Sugar) - 500ml	\$4.00

### UP & GO - 350ml

Chocolate	\$4.00
Strawberry	\$4.00
Vanilla	\$4.00

### UP & GO - 500ml

Chocolate	\$5.50
Strawberry	\$5.50
Vanilla	\$5.50

### Speciality Milk

So Good Soy Milk	\$3.00
Almond Milk	\$4.50
Zymil Milk - Chocolate or Strawberry (Lactose Free)	\$4.50

### LIPTON ICE TEA - 500ml

Peach Light	\$4.00
Lemon	\$4.00
Raspberry	\$4.00
Mango	\$4.00

### LITTLE EXTRAS

Tissues	\$1.00
Hand Sanitiser - 50ml	\$2.00

### STATIONERY

A range of stationery items are available for purchase from the canteens: Various Prices

Pens	
Pencils	
Erasers	
A4 Exercise Books	
Protractors	
Highlighters	
Rulers	

### WATER

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

### JUICE & SMOOTHIES

#### THE DAILY JUICE

Daily Juice Apple - 500ml	\$3.00
Daily Juice Breakfast - 500ml	\$3.00
Daily Juice Orange - 500ml	\$3.00

### EMMA & TOMS 100% JUICE

Kick Starter (Prebiotic or Probiotic)	\$4.00
Karma Rama	\$4.00
Cold Pressed Cloudy Apple Juice Squeezed - Orange	\$4.00
Quencher Raspberry	\$4.00

### BOOST & GROOVE JUICE

Boost Green Recover - 350ml	\$4.00
Boost Energy Lift - 350ml	\$4.00
Boost All Berry Bang - 350ml	\$4.00
Groove Signature Cloudy Apple - 350 ml	\$4.00
Groove Signature Orange with Pulp - 350ml	\$4.00

### WATERFORD MINERAL WATERS

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

### COCONUT WATER

H2COCO - 300 ml	\$3.50
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### HEALTHY SLUSH (QAST Approved)

Fruit Juice Slush - 200ml	\$2.00
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### OCCASIONAL SNACKS

#### RED ROCK DELI CHIPS - 28g and 45g

Honey Soy Chicken, Sea Salt or Sweet Chilli	\$1.50/\$2.00
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#### SMITHS CHIPS - 28g

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

#### DORITOS CORN CHIPS

Cheese Supereme	\$2.00
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#### SNAPS - Gluten Free & Vegetarian (GF)(V)

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

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