**BELMORE NORTH PUBLIC SCHOOLCANTEEN**

*In line with NSW Healthy Schools Canteen*

**Winter Menu** (*Terms 2 & 3*)

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| **BREAKFAST** | |
| TOAST (*WHITE & BROWN*) – *JAM OR VEGEMITE* (*PER SLICE*) | $ 1.00 |
| RAISIN TOAST (*PER SLICE*) | $ 1.00 |
| BREAKSFAST WRAP | $ 2.50 |
| WARM MILO (*REDUCED FAT MILK*) | $ 2.00 |
| JUICE 100% (*APPLE & ORANGE*) | $ 2.00 |
| UP & GO (*ASSORTED FLAVOURS*) | $ 2.00 |

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| **SNACKS** | |
| FRUIT SALAD – SMALL | $ 1.00 |
| FRUIT SALAD – LARGE | $ 2.00 |
| FRUIT SALAD WITH YOGHURT (*99% FAT FREE*) - SMALL | $ 1.50 |
| FRUIT SALAD WITH YOGHURT (*99% FAT FREE*) – LARGE | $ 2.50 |
| WATERMELON CUPS | $ 1.00 |
| VEGETABLE STICKS | $ 1.00 |
| VEGETABLE STICKS WITH CHEESE & CRACKERS | $ 2.50 |
| FRESH FRUIT (*SEASONAL*) | $ 1.00 |
| YOGHURT – SMALL *(PASSIONFRUIT, MANGO, BERRY)* | $ 1.00 |
| YOGHURT – LARGE *(PASSIONFRUIT, MANGO, BERRY)* | $ 2.00 |
| JELLY CUPS (*HOMEMADE*) | $ 1.00 |
| JELLY CUPS WITH FRUIT (*HOMEMADE*) | $ 1.50 |
| RICE CRACKERS – SMALL | $ 0.50 |
| RICE CRACKERS - LARGE | $ 1.00 |
| CHEESE & CRACKERS | $ 1.00 |
| PIKELETS (*HOMEMADE*) | $ 0.50 |
| MUFFINS (*HOMEMADE*) | $ 1.00 |
| POPCORN – SMALL | $ 0.50 |
| POPCORN - LARGE | $ 1.00 |

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| **AVAILABLE EVERYDAY VIA LUNCH ORDER** | | | | | |
| **SANDWICHES** | | **ROLLS** $ 0.50 | | **WRAPS** $ 0.50 | |
| *ALL SANDWICHES, ROLLS AND WRAPS ARE AVAILABLE IN WHITE OR BROWN.* | | | | | |
| **FILLINGS** | | | | | |
| VEGEMITE | $ 1.60 | | HAM | | $ 3.00 |
| EGG | $ 2.60 | | ROAST CHICKEN | | $ 3.80 |
| CHEESE  TUNA $3.00 $ | $ 2.50 | | SALAD | | $ 3.50 |
| **ADD THE FOLLOWING** | | | | |  |
| TOMATO, BEETROOT, CUCUMBER, GRATED CARROT, LETTUCE | | | | | $ 0.30 |
| CHEESE & PINEAPPLE | | | | | $ 0.50 |
| **SALAD BOX** (*LETTUCE, CUCUMBER, CELERY, CHERRY TOMATOES, CARROT*) | | | | | $ 3.50 |
| ADD HAM, CHICKEN, EGG, TUNA OR CHEESE | | | | | $ 1.00 EACH |
| **JAFFLES** | | | | |  |
| BAKED BEANS & CHEESE | | | | | $ 3.00 |
| HAM & CHEESE | | | | | $ 3.50 |
| **TOASTED SANDWICHES / TOASTED TURKISH** (*EXTRA $ 0.80*) | | | | | |
| HAM, CHEESE & TOMATO | | | | | $ 3.80 |
| CHICKEN, CHEESE & BBQ SAUCE | | | | | $ 4.00 |

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| **MONDAY** | |
| MACARONI & CHEESE (*HOMEMADE*) | $ 4.20 |
| HOT DOG WITH TOMATO SAUCE (HALAL) | $ 3.50 |
| **TUESDAY** | |
| BEEF BURGERS (*100% LEAN BEEF HALAL*) (*HOMEMADE*) | $ 4.20 |

NOODLE CUP (HALAL) CHICKEN OR BEEF $ 4.00

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| SOUP (*HOMEMADE VEGETABLE OR CHICKEN & CORN WITH A CRUSTY BREAD ROLL*) | $ 4.00 |

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| **WEDNESDAY** | |
| CHICKEN NUGGET MEAL *(CHICKEN NUGGETS (HALAL) SMALL FRUIT SALAD AND SMALL WATER)* | $ 5.00 |
| BAKED POTATOES *(HOMEMADE – MEATLOVERS, VEGETARIAN, BAKED BEANS)* | $ 4.00 |

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| **THURSDAY** | | |
| FRIED RICE (*HOMEMADE*) | | $ 4.00 | |
| CHICKEN BURGER (*HOMEMADE – GRILLED CHICKEN BREAST (HALAL) WITH TOMATO, LETTUCE, MAYO, SWEET CHILLI SAUCE ON A HAMBURGER BUN*) | $ 4.20 | |

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| **FRIDAY** | |
| SPAGHETTI BOLOGNAISE (*HALAL – HOMEMADE)* | $ 4.20 |

NACHO BOX *(HOMEMADE – HALAL)* $ 4.00

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| **DRINKS** | |
| PLAIN MILK | $ 1.00 |
| SPRING WATER – SMALL | $ 1.00 |
| SPRING WATER – LARGE | $ 2.00 |
| FOCUS SPORTS WATER | $ 2.00 |
| FLAVOURED MILK (*REDUCED FAT*) | $ 2.00 |
| FRUIT JUICE (*100%*) | $ 2.00 |
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**RECESS ONLY SNACKS (*OVER THE COUNTER PURCHASE ONLY* - NOT FOR LUNCH ORDERS)**

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| AVAILABLE EVERYDAY |  |
| CORN COBS | $ 1.00 |
| CHEESE BOATS (*1/2 BREAD ROLL GRILLED WITH LOW FAT CHEESE*) | $ 1.00 |
| TORPEDO’S (*Garlic or Herb Bread*) | $ 1.00 |
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*There will be no peanut butter or nut products. All sandwiches will have a light spread of margarine.*