**2013 Canteen Menu Autumn/Winter**
DOWNLOAD THIS MENU FROM: www.burraneerb-p.schools.nsw.edu.au

**RECESS CHOICES**
these can also be ordered with *lunch orders*
1. Jatz Crackers .25c
2. Seasonal fruit .50c
3. *Anzac slice* .50c
4. *Banana bread* .50c
5. Pretzels from the Alternate Snack $1.00
6. *Garlic roll on wholemeal bread* $1.00
7. *Pizza* (made daily on English Muffins with homemade pizza base sauce and topped with ham & light tasty cheese, OR just light tasty cheese) $1.00
8. Chip - Sea Salt flavour only from Red Rock $1.20
9. Popcorn (from Koala) $1.20
10. *Pikelets with maple syrup* $1.50
11. Low Fat Paul’s Custard Cup optional Anzac crumbled on top $1.00

**VARIOUS COLD DRINKS**
1. Fruit Juice (from Just Juice) $1.00
   (apple, apple and blackcurrant, orange and paradise punch)
2. FROZEN Fruit juice MUST BE PRE-ORDERED AS A LUNCH ORDER $1.00
   (apple, apple and blackcurrant, orange and paradise punch)
3. Spring water Still Oz 20 – 330ml $1.00
4. Spring water Still Oz 20 600ml $1.50
5. Low Fat Oak Chocolate or Strawberry milk $1.50

**FROZEN ITEMS - Sold only at ‘Lunch time’**
- Frozen Bevco Fruit cups .50c
  (apple, pineapple, orange, apple and blackcurrent)
- Peter’s Lemonade Icy Pole $1.00
- Bulla Ice-cream Vanilla Cup $1.00
- Chocolate Billabong ice-cream on a stick $1.50
- Mini Gelato Chocolate or Caramel cup $1.50

**IMPORTANT NOTICE...**
Please ensure orders are placed before 10:30am.
Orders must include Student’s name, class, price per item and drink slip & dietary preference.

**LUNCH CHOICES**

**Poached Chicken Wrap**
(with lettuce and mayonaise)
$3.50

**Crispy Chicken Sub**
(baked crumbed chicken breast fillet, lettuce and mayonaise)
$3.50

**Pasta Bolognese served w/light tasty cheese$3.50**
(made with lean beef mince) Note...no P.S.S.A. early order

- Gourmet Beef Pie (from Shephard’s Bakery) $3.50

**Beef Burger**
(made with lean beef pattie, tomato, lettuce & tomato sauce)
$3.50

- Chicken Goujon (nuggets) (maximum of five for $2.50)
  $0.50 ea

- Sausage Roll (from Family Bakehouse)
  $2.00

**HEALTHY MINI SALADS**

1. **Garden Salad in a Tub includes...**
   - lettuce - tomato - cucumber
   - shredded carrot - bread roll
   $3.50

2. **Italian Salad in a Tub includes...**
   - lettuce - tomato - olives - cucumber
   - salad dressing satchel - bread roll
   $3.50

**Optional Extras for Mini Salads**
- beetroot
- poached chicken breast
- egg - ham - light tasty cheese
- Tomato sauce or Brown Paper Lunch Bag .25c ea

**SUSHI $3.00 per large roll**
available on Mondays and Wednesdays only
choices: Tuna, Vegetable or Chicken Terryaki

**NOTE...SUSHI IS ORDERED FRESH BY 10.30AM FROM CRONULLA, NO LATE LUNCH ORDERS FOR SUSHI CAN BE ACCEPTED AFTER THIS TIME.**

**SANDWICHES**
MULTIGRAIN BREAD USED IN CANTEEN

P.S.S.A. Sports Lunch Pack:
‘Grab & Go’ Crispy Chicken Sub, Anzac Slice and Frozen Fruit Juice. (Note P.S.S.A. students must specify ‘early’ on lunch order)

- Baked Beans sandwich $1.50
- Vegemite sandwich $1.50
- Cheese sandwich (2 slices of light tasty cheese) $2.00
- *Egg sandwich* (lightly mashed & mixed w/low fat mayo) $2.50
- *Chicken sandwich* (poached breast fillet) $3.00
- Ham sandwich $3.00
- *Salad sandwich* (lettuce, tomato, carrot beetroot, cucumber) $3.00
- Tuna sandwich (mixed with low fat mayonaise) $3.00

**Optional Extras for Sandwiches**
- Beetroot - Shredded Carrot - Cucumber
- Lettuce - Tomato
- *Poached Chicken Breast* - Light Tasty Cheese .50c
- *Egg* - Ham - Tuna $1.00
- Bread roll - wrap .60c
- Toasting (sandwiches or wraps)
- Tomato sauce or Brown Paper Lunch Bags .25c ea

**HEALTHY EATING STRATEGY...**
www.healthy-kids.com.au

More than 90% of food is made from fresh ingredients on the *premises with no preservatives, additives or numbers. REFER TO THIS SYMBOL.*

**VOLUNTEERS...**
are required on a daily basis throughout the year, your time would be greatly appreciated. Please approach the Canteen to let us know your availability.

The Canteen Committee thank you for your support.