

Traffic Light System
(G) Green Item - Healthy
(A) Amber Item - Occasional

Beverley District High School

Canteen Autumn Menu Term 3 2017

Approved STARCAP Products used – Low Fat, Low Sugar and Low Salt

Lunches – Wed & Fri

Caesar Salad (A) **\$4.50**
 Crispy lettuce, bacon, egg & croutons
 With a Caesar dressing

Chicken Caesar Salad **\$5.00**

Mini Quiche (A) **\$5.00**
 Low fat Ham and cheese quiche served
 & Veggie sticks

Jaffles **\$3.80**
 Toasted sandwich with baked beans or spaghetti
 filling (salt reduced)

Sandwiches & Rolls (G)
 Sandwiches available in hifibre white, rolls

	Sandwich	Roll
Vegemite	\$2.00	\$2.50
Cheese	\$3.80	\$4.50
Ham	\$3.80	\$4.50
Chicken	\$3.80	\$4.50
Tuna	\$3.80	\$4.50
With Salad	\$3.80	\$4.50
Salad	\$3.80	\$4.50
Extra fillings – cheese, beetroot etc		.50c

Toasted sandwiches (G)
1 Filling: choose Ham, Pineapple, Tomato,
Chicken, Cheese or Vegemite **\$3.80**
2 Fillings **\$4.20**
3 Fillings **\$4.50**

Fresh rolls bought from bakery daily.

Wednesday Specials

Spaghetti Bog **\$5.00**
 100% Beef mince Spaghetti Pasta and
 Sauce

***NEW* Nachos** **\$3.50**
 Mission corn chips with mild salsa, light
 grated cheese and sour cream

Friday Specials

Chicken Nuggets (5) **\$4.50**
 & Veggie Sticks and Sauce

***NEW* Pie and Sauce** **\$4.50**
 Good Eating Pie – low fat
Sausage Roll & sauce (A) **\$3.50**
 Good Eating Sausage Roll – low fat

***NEW* Stuffed Spud** **\$5.00**
 Baked potato with tropical
 Or Chilli Con Carne fillings

Specials are only available on
 the stated day. If ordered on
 the wrong day we will
 substitute for something
 available on that day. Thank-
 you

Recess Snacks

Toasted Cheesy (G) **\$1.00**
 Freshly popped pop corn (G) **.50**
 Pikelet (G) Limit 4 **.50**
 Tropical Melt (G) **\$1.50**
 Fruit **\$1.00**
 Apple slinky (bring your own apple) **free**
 Healthy Muffin **\$1.00**

Drinks

100% Juice (A) **\$1.70**
 Apple, Orange, Tropical
 Milo **\$1.00**
 Brownes
 -Plain Milk **\$2.00**
 - Choc Chill **\$2.30**

Sippah Straws **.30**

Bottled Water (G) **\$1.00**

Treats Lunch Time Only

Icy Pole (A) **.60**
 Yogo (G) **\$2.30**
 Fruit & Jelly Cups **.60**

*Please contact the school for any suggestions
 regarding our canteen

