

Beverley District High School

Canteen Autumn Menu Term 4 2017- FRIDAYS ONLY

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

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
Healthy Muffin	\$1.00
Apple slinky (bring your own apple)	free

Drinks

100% Juice (A)	\$1.70
Apple, Orange, Tropical	
Milo	\$1.00
Brownie's	
Plain Milk	
\$2.00	
- Choc Chill	\$2.30
Sippah Straws	.30
Bottled Water (G)	\$1.00

Treats- Lunchtime ONLY

Yogo (G)	\$2.30
Icy Poles 100% fruit juice	.60

*Please contact the school for any suggestions regarding our canteen

Specials

NEW Salad Bowl	\$4.00
Lettuce, Carrot and Celery Sticks, Cucumber, Tomato and sultanas	
Add Chicken	50c extra
Add Ham	50c extra

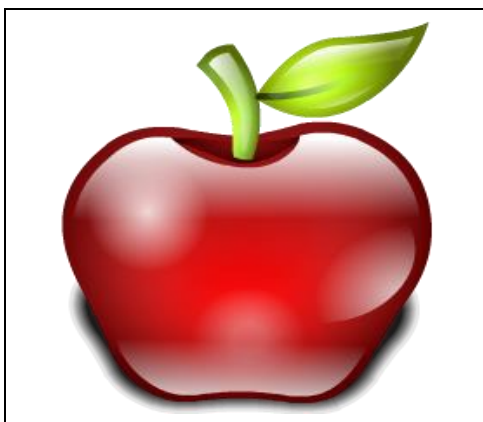
Chicken Nuggets (5)	\$4.50
& Veggie Sticks and Sauce	

Sausage Roll & sauce (A)	\$3.50
Good Eating Sausage Roll – low fat	

Traffic Light System

(G) Green Item - Healthy

(A) Amber Item - Occasional Food



Lunches

Caesar Salad (A) \$4.50	
Crispy lettuce, bacon, egg & croutons With a Caesar dressing	
Chicken Caesar Salad	\$5.00

Sandwiches & Rolls (G)	
Sandwiches available in hi-fibre 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 brought from bakery daily.

Menu Description Term 4 2017

Recess

1. Cheesie – white roll with reduced fat cheese
2. Tropical Melt – crumpet, pizza sauce, low fat ham, pineapple & reduced fat cheese
3. Popcorn – Popcorn made in popcorn machine
4. Pikelet – low fat milk, Self raising flour, melted reduced fat marg, eggs
5. Muffin – Apple cinnamon muffin (page 25 Canteen Cuisine Book)
Blueberry Muffins - using same recipe changing apple cinnamon for blueberry's.

Lunch Items

1. Salad Bowl – Containing fresh lettuce, carrot and celery sticks, cucumber and tomato.
2. Chicken and Salad Bowl – Containing fresh lettuce, carrot and celery sticks, cucumber and tomato with roast diced chicken pieces (Steggles)
3. Ham and Salad Bowl – Containing fresh lettuce, carrot and celery sticks, cucumber and tomato with Don thin sliced leg ham
4. Mrs Macs – Good eating pie & master foods squeeze tomato sauce
5. Mrs Macs – Good eating sausage roll & master foods squeeze tomato sauce
6. Mini Quiche – Using the impossible Quiche Recipe page 56
Ingredients – Skim Milk, Low-fat cheese & Low-fat ham served with Salad Sticks.

Drinks – Juice Popper Juice box (no added sugar) Tropical or Apple
Browne's Choc Chill
Browne's Plain Milk
Water

Treats – Icy Pole – 100% fruit juice
YoGo – reduced fat Browne's YoGo