

BIDDABAH CANTEN MENU – WINTER (TERMS 2 & 3)

Effective May 2009

Note: All healthy choices are marked with ☺ (green)

✓ Please use clean paper bag marked with child's name, class, order and price.

SANDWICHES / ROLLS: - All sandwiches are made on white bread unless otherwise stated.

Make your own sandwich from the list: - Toasted or Jaffle - extra 20¢

Bread:	Fillings:	Extra Toppings:
☺ White =2 slices \$1	☺ Diced lean chicken \$1	☺ Lettuce 20¢
☺ Wholemeal=2 slices \$1	Light ham 80¢	☺ Tomato 20¢
☺ White roll - long \$1.10	☺ Salad (tom,let,beet,carr,cue) \$1	☺ Cucumber 20¢
☺ White roll round \$1.10	☺ Tuna 80¢	☺ Carrot 20¢
☺ Wrap \$1.10	☺ Egg 40¢	☺ Beetroot 20¢
☺ Rice Cakes x 2 90¢	☺ Cheese -light 30¢	☺ Avocado 50¢
	☺ Vegemite 10¢	☺ Pineapple 30¢
	Baked beans (jaffle only) 60¢	
	Spaghetti (jaffle only) 60¢	

OUR SPECIALTIES:

☺ Mexican Wave	-Toasted sandwich with Diced chicken, salsa, corn & cheese	\$3
☺ Sweet Chilli Chicken Wrap	-Wrap with chicken tender, sweet chilli sauce, salad (tomato, lettuce, beetroot, carrot, cucumber)	\$3
☺ Chicken Mayo Wrap	-Wrap with chicken tender, lettuce and mayo	\$3

TOASTED FOCACCIA Note: to add extras to focaccia see extra topping prices above.

Hawaiian Focaccia	- Ham, light cheese, pineapple	\$3.50
Italian Focaccia	- Ham, light cheese, tomato	\$3.50
☺ Chicken Supreme Focaccia	- Diced chicken, light cheese, tomato, avocado	\$4

BURGERS:

☺ Hamburger Classic	- Beef pattie, light cheese, tomato, lettuce, carrot, beet, tom sauce	\$3.50
☺ Cheeseburger	- Beef pattie, light cheese, tomato sauce	\$2.80
☺ Chicken Burger	- Chicken breast, lettuce and mayo	\$3.10
☺ Chicken Deluxe Burger	- Chicken breast, lettuce, tomato, light cheese and mayo	\$3.50
Fish Burger	- Fish piece – Low fat , lettuce and mayo	\$3

PASTA: 220gm

☺ Macaroni Cheese	\$2.60
☺ Spaghetti Bolognaise	\$2.60
☺ Lasagne	\$2.60
☺ Twista Pasta - Bolognaise	\$2.60

PIES & SAUSAGE ROLLS:

Meat Pie – Large & lite -200gm	\$2.50
Meat pie small & lite – 85gm	\$1.10
Sausage roll – Lite – 140gm	\$1.75

BOXES: Hot

Wedges box with sour cream	\$2.50
Nachos box with salsa & cheese	\$2.50

BOXES: Cold

☺ Salad – Lett, carrot, Tom, Cucumber, beet	\$2.50
☺ Extra: Cheese, pineapple each	30¢
☺ Extra: Tuna, Egg, avocado each	40¢
Extra: ☺ Chicken, Ham	80¢

HOT FOOD:

Chicken nuggets each	35¢
3x	\$1
Chicken Chippies each	35¢
3x	\$1
☺ Corn on cob	60¢
☺ Pizza –Hawaiian or Margarita	\$1.80
Hotdog with tomato sauce	\$2
Mini-Hotdog with tomato sauce	\$1
Nugget Roll – Long roll, 3 nuggets, - tomato sauce extra	\$2 20¢
Hot Chicken & gravy roll	\$3
☺ Mamee Noodles – Beef or Chicken	\$2
☺ Potato Bake	\$2.60
☺ Fried rice	\$2.60
Fish Piece – low fat	\$2
Fish fingers each	35¢
3x	\$1
Garlic Bread	20¢

VALUE PACKS: All \$2.80

Choose one from each pick below

Pick 1:

The Wedgie: Bag of wedges, tom sauce

☺ **The Veggie:** Salad sandwich

The Chick Chippie: 3 chicken chippies

The Chicken: 3 chicken nuggets

The Ocean: 3 fish fingers

Pick 2:

Large popper

☺ Milk - choc or Straw or plain

☺ Water - plain

Pick 3:

☺ fruit cup

☺ sultana box

☺ Piece of fruit – in season

☺ Go-Gurt Tube – straw or fruit salad

Note: If not specified water and a piece of fruit will be included.

SAUCES:

Tomatoe sauce	20¢
BBQ Sauce	20¢
PAPER LUNCH BAG	10¢

DRINKS:

Mineral water - Aroona	\$1.20
Playwater	\$1.50
☺ Water – plain	\$1
☺ Flavoured milk- choc & straw	\$1.10
Plain milk	\$1
Popper - large	\$1
Popper – mini	65¢
Milo- Warm	\$1

FROZEN TREATS:

Slushie	\$1.20
Jelly Tube	15¢
Super Dooper	30¢
Ice Mony	50¢
(Straw, Choc, Blue, Sour pink, Grape)	

SNACKS / TREATS:

Jelly cup	40¢
☺ Choc Mousse cup	40¢
Red Rock Deli Chips (plain/honey soy)	\$1
Muffin Large	50¢
Mini	20¢

Please specify variety:

Banana & Choc chip / Apple & Sultana
Chocolate or Blueberry

Fairy Bread	20¢
☺ Fruit in Season	60¢
☺ Fruit cup - fresh	60¢
☺ Go-gurt tube strawberry / fruit salad	80¢
Pretzel minis	70¢
☺ Sultana box	60¢
☺ Sultana & apricot box	60¢
Ovalteenies	75¢
Raisin Toast with butter (morning and recess only)	65¢
☺ Popcorn plain	80¢
JJ's –noodles BBQ or Chicken	30¢
JJ's – Chicken Snacks	80¢
4 x Jatz and light cheese	60¢
Nachos Cup	\$1

