

# Summer MENU

Includes options for vegetarian (V), vegan (VG) and gluten free (GF) diets - please ask if you're unsure!

## Recess

Assorted savoury and sweet scrolls	\$1.75
Muffins	\$1.75
Fruit	\$0.60
Gluten free biscuits	\$0.65
Daily Specials	Assorted

## Drinks

300ml Flavoured Milk	\$3.50
600ml Flavoured Milk	\$4.50
Emma & Toms Cloudy Apple Juice	\$3.50
Emma & Toms Orange Juice	\$3.50
Harvey Fresh Juice Box Apple & Blackcurrant	\$2.30

## Frozen Treats

Dixie Icecream Bucket	\$3.00
Miloshake	\$3.50
Frozen Juice Cup	\$1.20
Frozen Yoghurt	\$3.00

## Salads

Gourmet Salad Box (V, VG, GF) Includes egg, lettuce, carrot, cheese, tomato, cucumber, sprouts, pineapple and beetroot	\$7.00
Tuna, Chicken or Ham in a Salad Box (GF)	\$8.00
Caesar Salad	\$7.00
Caesar Salad with Chicken	\$8.00

## Sandwich Bar

Sandwich	\$4.50
Roll	\$5.00
Turkish (1/2)	\$5.00

Breads | Wholemeal, white or gluten free (+\$1)

Fillings | Ham, tuna, chicken, roast beef, cheese or egg  
Additional protein (+\$0.50)

Salad | Lettuce, shredded carrot, tomato and cucumber

Comes with a choice of mayo, pickles, tomato, chilli or BBQ sauce

Vegemite Roll	\$3.50
Plain Roll	\$2.30

## Toasted

Toasted Sandwich with two fillings (V, GF)	\$5.50
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Select from baked beans, spaghetti, ham, tuna, chicken, cheese, tomato, pineapple, avocado  
Additional filling (+\$0.50)

## Hot Options

Chicken & Cheese Hot Roll Includes chicken, cheese and mayo	\$4.50
Tropicana Hot Roll Includes ham, cheese and pineapple	\$4.50
Burger (V) Choose from beef, fish, chicken or vege patty with salad, in a wholemeal bun	\$6.50

## Daily Specials

### Monday

Mrs Macs Sausage Roll (GF)	\$3.80
Mrs Macs Pie	\$4.60
Mrs Macs Vege Pastie (V)	\$4.60
Mrs Macs Spinach and Ricotta Roll (V)	\$3.50
Tomato sauce portions	\$0.50

### Tuesday

Homemade Butter Chicken	\$7.00
Homemade Vege Curry (V)	\$7.00
Both served with steamed rice	

### Wednesday

Stuffed Potato with Bacon and Cheese	\$5.50
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### Thursday

Meatball Sub (Gourmet meatballs with pasta sauce in hotdog roll)	\$5.50
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### Friday

Fish Bites with Chips and Garden Salad	\$7.00
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The BCGS Canteen menu is consistent with the Australian Dietary Guidelines for children and adolescents. The menu consists of a wide variety of food from the five food categories and, where possible, is made from scratch.

