

Berowra Public School Canteen

Summer Menu **2017/2018**

Open Wednesday, Thursday and Friday

You can order at www.flexischools.com.au or at the canteen

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Check our 'Specials' board or facebook page for daily specials	
Sushi Wednesday ONLY Tuna, Chicken Teriyaki, Avocado or Cucumber – All \$3.50 ea 	
Morning Tea	Toasted Jaffles Wholemeal bread <i>Gluten Free extra \$1.00</i>
Bread sticks  \$0.10 Frozen seasonal fruit \$0.30 Garlic Bread \$0.80 Fun Buns \$1.50 Small Jelly cups (max 3) \$0.30 Pizza Muffin \$0.80 Freshly baked treat (eg biscuit, muffin) \$0.80	Cheese \$2.50 Cheese and Ham \$3.50 Cheese and Pineapple \$3.50 Ham, Cheese and Pineapple \$4.00 Ham, Cheese and Tomato \$4.00 Tuna \$3.50 Tuna and Cheese \$4.00 Baked Beans and Cheese \$3.50 Spaghetti and Cheese \$3.50
Drinks	Sandwiches Wholemeal bread <i>Gluten Free extra \$1.00</i> <i>Wraps extra \$0.50</i>
Chill J – Raspberry, Grape or Blackcurrant \$2.00 (100% natural sparkling fruit juice drink) Glee – Raspberry, Tropical, Blackcurrant \$2.00 (99% sparkling fruit juice) Juice – Apple or Blackcurrant \$1.00 Flavoured Milk low fat – Plain, Chocolate or \$1.50 Strawberry 300ml Water  \$1.00 Slushie (varieties) 99% fruit, no added sugar \$1.50	Vegemite \$2.00 Cheese \$2.00 Ham  \$3.00 Chicken \$3.00 Tuna \$3.00 Salad – lettuce, tomato, cucumber and beetroot \$3.00 Egg \$3.00 Extras – lettuce, cheese, tomato grated carrot, beetroot \$0.50
Chips	Salad Bowl
Red Rock – Honey Soy or Plain \$1.50 JJ's \$1.50 Jumpies – Chicken or Plain \$1.00	–tomatoes, carrot & cucumber sticks \$2.00 Add pineapple pieces or corn nibletts extra \$0.50 Add ham, chicken or cheese extra \$1.00
Frozen	Hot Food
Lemonade ice blocks \$1.00 Frozen seasonal fruit \$0.30 Zingers \$0.50 Smoozie – Coconut & Mango, Coconut & Guava \$0.80 Twisted frozen yoghurt cup \$2.00 Vanilla and chocolate or Vanilla and strawberry Raspberry coconut	Chicken Burger – lettuce, mayo \$4.00 Beef Burger – cheese, sauce \$4.00 The lot – tomato, cucumber, beetroot extra \$1.00 Nuggets (4) \$3.00 Nuggets (4) Gluten Free \$3.00 Snack Pie 85g \$2.00 Travellers Pie 160g \$3.50 Nachos - Vegetable  \$2.50 Beef \$3.00 Sour Cream extra \$1.00 Homemade Mac Cheese \$3.00 Homemade Bolognese Pasta \$3.00 Chicken wrap – chicken pattie sliced with lettuce & mayo on a tortilla \$4.00 Garlic Bread \$0.80 Tomato/BBQ/Chilli Sauce \$0.30
If you have any questions or comments or would like to volunteer, please call the canteen on 9456 1319 on Wednesday, Thursday or Friday.	