

B'ights

Balgowlah Heights Public School P&C Association Canteen

Price List commencing Term 1 2008

To order lunch - Please supply two separate bags when ordering hot & cold items or bulky items. **Please clearly mark child's name and class.** Orders received late (after 9.30am) will receive a vegemite sandwich substituted for the main item ordered.

Friday PSSA Sport - Due to the increase in student numbers and the shortened time frame for preparation it has become impossible to provide lunches at the time required for those doing PSSA. **PLEASE BRING YOUR OWN LUNCH IF YOU DO PSSA.**

Monday's Menu

Sushi: chicken teriyaki, salmon/avocado, cooked tuna.....	\$2.00
Wrap of the day	
Chicken, mayo & lettuce.....	\$3.50
Wrap Meal Deal	
Chicken, mayo & lettuce/fruit (orange/apple) & juice.....	\$5.00
Fried Rice	\$2.50
Hokkein Noodles	\$2.50
Caesar salad	\$3.50 or with chicken..... \$4.00

Wednesday's Menu

Twista Pasta with bolognese sauce.....	\$2.50
Sausage rolls.....	\$1.50
Meat Pies.....180g \$2.20 or 120 g.....	\$1.50
Hot Dogs.....	\$1.60
Pizza Pockets; Ham & Pineapple/Cheese & Bacon.....	\$1.30
Sauce: Tomato or Mustard.....	\$0.20
Wrap of the Day	
Ham, cheese & salad.....	\$3.50
Wrap Meal Deal	
Ham, cheese & salad/fruit (orange/apple) & juice.....	\$5.00

Friday's Menu

Sushi: chicken teriyaki, salmon/avocado, cooked tuna.....	\$2.00
Chicken/Vegetarian nuggets (pk of 3).....	\$1.50
Chicken Nugget Meal Deal	
1 pkt nuggets/vegetable pack or corn/juice.....	\$3.00

Recess only

Garlic bread/Boiled rice.....	\$0.50
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Drinks

Plain water.....	\$1.00
Flavoured water.....	\$1.50
Apple or Orange Poptop.....	\$1.00
Just Juice (Paradise Punch/Apple Blackcurrant.....	\$1.00
Flavoured milk (choc, strawberry, banana).....	\$1.30
Plain milk.....	\$1.00
Soya milk (choc or strawberry).....	\$1.50

Sandwiches/rolls/hot rolls - every day

On wholemeal	bread	or	roll
Buttered.....	\$0.90		\$1.40
Vegemite.....	\$1.20		\$1.70
Honey.....	\$1.20		\$1.70
Egg.....	\$1.50		\$2.00
Cheese.....	\$1.30		\$1.80
Chicken.....	\$2.20		\$2.70
Ham.....	\$2.20		\$2.70
Tuna.....	\$2.20		\$2.70
Salad.....	\$2.20		\$2.70
Salad with chicken/ham/tuna.....	\$3.50		\$4.00
Hot Rolls: Cheese			\$2.00
Ham, chicken, chicken & cheese or ham & cheese.....			\$3.00
Hard Boiled Egg			\$0.50
Staff salad plate with chicken/ham/tuna or salmon.....			\$5.00

Extra fillings

Mayonnaise.....	\$0.20
Avocado.....	\$0.50
Tomato, cheese, lettuce etc.....	\$0.40

Food available every day

Corn on the cob.....	\$0.70
Bread sticks.....	\$0.10
Celery/carrot sticks.....	\$0.10
Finger buns $\frac{1}{2}$ or whole.....	\$0.60 \$1.20
School strap.....	\$0.60
JJs (Chicken, S&V, Pizza, Burger).....	\$1.00
Gingerbread people.....	\$1.20
Sara Lee muffin (choc chip).....	\$1.30
Vanilla Custard.....	\$1.00
Summer Fruit Cup.....	\$1.50
Vegetable cup.....	\$1.00
Seasonal fruit.....	\$1.00

Frozen items (lunchtime only) include -

Lemonade ice blocks.....	\$1.00
Chocolate Billabongs.....	\$1.20
Miniz.....	\$0.60
Calyppos.....	\$1.00
Pineapple, orange, apple cups ..	\$0.50
Fruit pieces.....	\$0.50

Additional copies of this menu are available from the office, and may be downloaded from the school website
Please check your emailed weekly school newsletters for updates and specials