

# BELLBROOK CATERING



# PAKENHAM LAKESIDE PRIMARY CANTEEN MENU

Open Tuesday and Thursday

Please write your child's name, class and lunch order with prices on a suitable sized new lunch bag or add 0.20 for provided bag

OUR PREFERRED PAYMENT METHOD IS ONLINE THROUGH QKR

## HEARTY HOT FOOD

Twister Bolognese 97% fat free	\$4.50	☺☺☺
Macaroni Cheese 97% fat free	\$4.50	☺☺☺
Chicken Fried Rice 97% fat free	\$4.50	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Potato Scallop - over counter only	\$1.00	☺☺
Hot Noodles Chicken or Beef	\$3.00	☺☺
Chicken crumbed tender	\$2.10	☺☺GF
Hot Dog	\$3.60	☺☺
Beef Cheese Burger, Lettuce and Mayo	\$5.00	☺☺☺
Chicken and Cheese Burger, Lettuce and Mayo	\$5.00	☺☺☺
<b>Gluten Free</b> Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nugget - Bag of 3	\$3.30	☺☺
Chicken Breast Nugget - Bag of 6	\$5.50	☺☺
Corn Cobbette	\$1.00	☺☺☺
100% Vegetable Pastie	\$4.50	☺☺ V
Good Eating Beef Pie	\$4.50	☺☺
Good Eating Sausage Roll	\$4.00	☺☺
Good Eating Snack Party Pie	\$1.00	☺☺

All pies heart foundation approved, low GI, reduced fat

## TASTY JAFFLES

Baked Bean and Cheese	\$3.40	☺☺☺ V
Spaghetti	\$3.00	☺☺☺ V
Cheese	\$3.00	☺☺☺ V
Ham and Cheese	\$4.00	☺☺☺

Preferred Payment Method



## SPECIAL SNACKS

Cobs popcorn, Sea Salt or Slightly Sweet	\$1.60	☺☺GF
Red Rock Chips Honey/Soy	\$1.60	☺☺
Chips Sea Salt	\$1.60	☺☺GF
Home Style Cookies	\$2.20	☺☺
Gingerbread	\$1.60	☺☺
Ovalteenies	\$1.20	☺☺
Yoghurt Frogs (5 for \$1.00)	\$1.00	☺☺
Homemade Mini Muffin	\$1.00	☺☺
Veggie Cup with Dip	\$2.00	☺☺☺GF
Seasonal Fruit Cup	\$2.00	☺☺☺GF
Jelly Cup with Fruit	\$1.50	☺☺☺GF
Mamee Noodle Snacks BBQ	\$1.00	☺☺
Mamee Rice Sticks Chicken	\$1.00	☺☺GF

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- V** Denotes Vegetarian
- GF** Denotes Gluten Free.

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

## SUPER SANDWICHES AND SALADS

	Sandwich	
Vegemite	\$2.10	☺☺☺ V
Cheese	\$2.30	☺☺☺ V
Ham (97% fat free)	\$3.00	☺☺
Ham (97% fat free) and Salad	\$4.00	☺☺
Ham & Cheese	\$3.50	☺☺
Tuna & Salad	\$4.00	☺☺☺
Roast Chicken	\$3.50	☺☺☺
Roast Chicken & Salad	\$4.50	☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50	☺☺☺ V
Egg & Lettuce	\$2.80	☺☺☺ V
<b>Rolls or Wraps extra</b>	<b>\$0.60</b>	
<b>**All sandwiches on wholemeal bread**</b>		
<b>Multigrain or White bread available on request</b>		
<b>FRESH MADE SALAD BOXES</b>		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50 Regular	☺☺☺GF
Add beetroot	\$0.50	
Add egg	\$0.50	
Add Tuna, chicken or ham	\$1.00	

## EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺
<b>LUNCH BAGS</b>	<b>\$0.20</b>	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

## DRINKS

600ml Water	\$2.00	☺☺☺GF
<b>250ml Milk (Low Fat)</b>	\$2.70	☺☺☺GF
Chocolate, Strawberry		
<b>100% Fruit Juice 250ml</b>	\$2.70	☺☺☺GF
Orange or Apple		
<b>Aqua Fruits Flavoured Springwater</b>	\$2.70	☺☺GF
Cola, Blue Heaven, Apple Raspberry or Lemonade		

## FROZEN TREATS

Frozen 100% Juice Tubes	\$1.00	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Straw)	\$1.70	☺☺☺GF
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.30	☺☺☺GF
Streets Choc Shake Cup	\$2.30	☺☺
Streets Paddle Pop Chocolate	\$2.00	☺☺

# TURN OVER FOR OUR SPECIAL MEAL DAYS

## EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	☺☺☺
Mini Muffin		
Water		