

EVERYDAY

G Spiral Bolognaise	\$4.00
G Macaroni Cheese	4.00
G Teriyaki Chicken & Rice	4.00
Noodle Cup Beef OR Chicken (bring bag)	3.00
Vegetarian Pastie	3.70
G Chicken Fried Rice	4.00
G Chicken & Potato Curry & Rice	4.00
G Vegetarian Fried Rice	4.00
A Vegetarian Lasagne	5.00
Vegetarian Spinach & Ricotta Roll	2.20
Small Soup \$2.50	Large Soup 3.50

TOASTED SANDWICHES

A Cheese	\$2.90
A Cheese/Tomato	3.30
A Ham	2.90
A Ham/Cheese	3.50
A Ham/Cheese/Tomato	3.90
A Ham/Cheese/Pineapple	4.20
A Chicken	2.90
A Chicken/Mayo	3.20
A Chicken/Cheese	3.50
A Chicken/Cheese/Pineapple	4.20
A Baked Beans	2.20
A Spaghetti	2.20

WRAPS (ALL WITH MAYO)

G ½ Ham & Salad	\$2.60
G ½ Cheese & Salad	2.60
G ½ Chicken & Salad	2.60
G Full Ham & Salad	5.20
G Full Cheese & Salad	5.20
G Full Chicken & Salad	5.20
G Full Tuna & Salad	5.20
G Full Egg & Salad	5.20
G Full Salad	4.20



SOUTH COAST
BAPTIST COLLEGE

CANTEEN MENU

Term 2 & 3

2 0 1 9



FILLING

SANDWICH

ROLL

G Salad	\$3.10	\$3.50
A Chicken	2.60	3.00
A Ham	2.60	3.00
A Cheese	2.60	3.00
A Cheese & Vegemite	2.70	3.10
A Egg	2.60	3.00
A Curried Egg	2.60	3.00
A Tuna & Mayo	2.90	3.30
A Vegemite	1.60	2.00
A Sliced Bread (2)	0.90	
A Buttered Roll		1.30

All sandwiches and rolls are hi-fibre white & wholemeal

EXTRAS

Tomato – 40c, Beetroot – 40c, Cheese – 60c,
Mayo – 30c, Egg – 60c, Pineapple Ring – 70c,
Salad \$1.10 (Lett/Carrot/Tomato/Cuc).

SALAD CUPS & SALAD PLATES

G Salad Cup	\$3.20
G Cheese & Salad Cup	3.80
G Chicken & Salad Cup	3.80
G Salad Plate	3.50
G Ham & Salad Plate	4.10
G Chicken & Salad Plate	4.10
G Egg & Salad Plate	4.10
G Tuna & Salad Plate	4.40

MONDAY – SPECIALS

A 5 Chicken Nuggets	\$3.60
A Hot Chicken & Mayo Roll	3.90
A Hot Ham & Cheese Roll	3.90
A Cheese Burger Beef Patty/cheese/tom sce	3.90
A Pizza Single Cheese and Bacon	3.20
Hawaiian	3.20
Recess – (A) Hash Brown (only 2 per person)	1.00

TUESDAY – SPECIALS

G Beef & Salad Burger	\$4.20
G Chicken & Salad Burger	4.20
G Potato Bake (with cheese & bacon)	4.00
A Beef Cruiser Pie	3.70
A Potato Pie	3.70
A Tasty Treat (Small Pie, ½ S/Roll, Nugget)	3.20
Ham & Cheese Croissant	3.80
Recess – (A) Cheesies	1.20

WEDNESDAY – SPECIALS

A Crumbed Fish & Wedges	\$4.20
Ham & Cheese Croissant	3.80
A Hot Dog & Sauce	3.60
Chicken Vegie Pie	3.70
Recess – (A) Yummy Drummy	1.50
(A) Chilli Chicken Strip	1.50

THURSDAY – SPECIALS

A Tasty Treat (Small Pie, ½ S/Roll, Nugget)	\$3.20
A Meatball Cheese & Sce Sub	4.20
G Chicken Fried Rice OR Vegetarian	4.00
A Chicken Chilli Strip, Lettuce/Mayo Sub	4.20
G 5-Piece Sushi	5.30
G GF Onigiri Teri Ckn Rice Triangle - warm	4.30
Recess – (A) Hash Brown (only 2 per person)	1.00

FRIDAY – SPECIALS

G Fish/Beef/Chicken Salad/Mayo Burger	\$4.20
A Hot Dog & Sauce	3.60
A Beef Cruiser Pie	3.70
A Potato Pie	3.70
Vegetarian Pastie	3.70
A Sausage Roll	2.70
A Party Pie	1.20
G 5-Piece Sushi	5.30
G GF Onigiri Teri Ckn Rice Triangle - warm	4.30
Recess - (A) Cheesies	1.20

EVERY DAY SPECIAL

Ham & Cheese Toastie & Juice Box OR	\$5.00
Chicken & Cheese Toastie & Juice Box	5.00

RECESS – Varies Daily

G Pikelets	\$0.50
Assorted Cake	1.00
G Air Popped Popcorn	0.20
G Fresh Fruit	0.90

YOGHURTS / JELLY CUPS

G Fruit Yoghurt	\$1.80
G Chocolate Yogo	1.90
G Jelly/Fruit/Custard Cup	1.50
A Apple/Custard Cup	1.80

EXTRA

Tomato Sauce Portion	0.30
Salad Dressing Portion	0.30
Extra spoon or spork	0.05

SNACKS

Grain Waves	\$2.00
Red Rock Deli Chips	1.50
Vegie Chips	1.40
Mammee Sticks	1.00
Popcorn (pre-packaged)	1.20

DRINKS

G Up & Go	\$2.20
Focus Fruit Water	2.30
A Chill J (Glee)	2.30
A Orange C Juice 300ml	2.00
Orange C Juice 600ml	3.50
G Spring Water 600ml	1.20
G Plain Milk 300ml	1.50
G Flavoured Milk 300ml	2.10
A Flavoured Milk 600ml	3.60
A Juice Box 250ml	1.60
Lipton Iced Tea 500ml	3.60

AFTER LUNCH TREATS

A ½ Icy poles	\$0.40
A Icy Pole	0.80
A Mini Calipo	1.20
A Paddle Pop	1.40
A Vanilla Lite Bucket	1.30
Lifesaver	2.00
Milo Scoop	2.80
A FROYO Frozen Yoghurt	2.20

GLUTEN FREE PRODUCTS

Pre packaged Popcorn	\$1.20
Mammee Rice Sticks	1.00
Vegie Chips	1.40
Macaroni Cheese	5.00
Lasagne	5.00
5 Chicken Nuggets	4.00
Potato Bake (with cheese & bacon)	4.00
Chicken Fried Rice	4.00
Homemade Soup – Small (Winter Menu)	2.50
Large (Winter Menu)	3.50
½ Wraps with Chicken OR Ham OR Cheese and Salad	3.60
Muffin	1.00
FROZEN YOGHURT	2.20

Toasted Sandwiches – add \$1.00 extra to Menu prices (p.t.o)

The **TRAFFIC LIGHT** system introduced by the State Government in 2006, is a policy and standards for healthy food and drink choices provided in school canteens. This complies with the Dietary Guidelines for Children and Adolescents, the Heart Foundation and the WA School Canteen Association.

GREEN (G)

- Every day choices.
- Good sources of nutrients
- Contains less saturated fat and/or added sugar and/or salt.
- Helps to avoid the intake of excess energy (kJ).

AMBER (A)

- Occasional choices.
- Have some nutritional value.
- Contain moderate levels of saturated fat and/or added sugar and/or salt
- In large serves they can contribute excess energy (kJ).

Please place all orders through canteen window before start of school, clearly marking the child's name and Year e.g. 1A, 4B.

If a child goes home sick and has ordered their lunch could you please come to the canteen and either collect the lunch or let us know and a refund may be available.

If you have any queries or suggestions please pop in and see us at the canteen.

Senior School students must place a lunch order if lunch is required, there will be no over the food counter sales.