



SOUTH COAST  
BAPTIST COLLEGE

# Canteen Menu

2022 TERM 4 | 2023 TERM 1

## LUNCH EVERYDAY

● Spiral Bolognaise	\$4.20
● Macaroni Cheese	\$4.20
● Teriyaki Chicken & Rice	\$4.20
Noodle Cup Beef OR Chicken (bring bag)	\$3.20
Vegetarian Pastie	\$4.00
● Chicken Fried Rice	\$4.20
● Vegetarian Fried Rice	\$4.20
● Vegetarian Lasagne	\$5.20

## WRAPS (ALL WITH MAYO)

● ½ Ham & Salad	\$3.10
● ½ Cheese & Salad	\$3.10
● ½ Chicken & Salad	\$3.10
● Full Ham & Salad	\$5.80
● Full Cheese & Salad	\$5.80
● Full Chicken & Salad	\$5.80
● Full Tuna & Salad	\$6.00
● Full Egg & Salad	\$6.00
● Full Salad	\$5.00

FILLING	SANDWICH	ROLL
● Salad	\$3.30	\$3.70
● Chicken	\$2.80	\$3.20
● Ham	\$2.80	\$3.20
● Cheese	\$2.80	\$3.20
● Cheese & Vegemite	\$2.90	\$3.30
● Egg	\$2.90	\$3.30
● Curried Egg	\$2.90	\$3.30
● Tuna & Mayo	\$3.10	\$3.50
● Vegemite	\$1.80	\$2.20
● Sliced Bread (2)	\$1.00	
● Buttered Roll		\$1.40

All sandwiches and rolls are hi-fibre white & wholemeal.

## TOASTED SANDWICHES

● Cheese	\$3.10
● Cheese/Tomato	\$3.50
● Ham	\$3.10
● Ham/Cheese	\$3.70
● Ham/Cheese/Tomato	\$4.10
● Ham/Cheese/Pineapple	\$4.40
● Chicken	\$3.10
● Chicken/Mayo	\$3.40
● Chicken/Cheese	\$3.70
● Chicken/Cheese/Pineapple	\$4.40
● Baked Beans	\$3.00
● Spaghetti	\$3.00

Add \$1 to menu prices for Gluten Free toasted sandwiches.

## EXTRAS

Tomato	40c	Cheese	60c	Pineapple Ring	70c
Mayo	30c	Egg	70c	Tomato Sauce	30c
Dressing	30c	Beetroot	40c	Extra spoon/spork	5c
Salad (Lettuce/Carrot/Tomato/Cucumber)					\$1.30

## SALAD CUPS & PLATES

● Salad Cup	\$3.40
● Cheese & Salad Cup	\$4.00
● Chicken & Salad Cup	\$4.20
● Salad Plate	\$3.70
● Ham & Salad Plate	\$4.30
● Chicken & Salad Plate	\$4.50
● Egg & Salad Plate	\$4.50
● Tuna & Salad Plate	\$4.50



## EVERYDAY SPECIALS

<b>1/2 Wrap</b> – Chicken chilli strip, lettuce & mayo, & muffin	\$4.50
<b>Picnic Box JAM</b> – 1/2 jam sandwich, 4x cheese & crackers, muffin, sultanas & popcorn	\$3.50
<b>Picnic Box VEGEMITE</b> – 1/2 vegemite s'wich, 4x cheese & crackers, muffin, sultanas, popcorn	\$3.50
<b>Chilli Chicken Pack</b> – 2x chilli chicken strips (cold), muffin, cheese & crackers, 1/2 bread roll	\$5.00

No substitution on any Picnic Box Specials

## MONDAY SPECIALS

● 5 Chicken Nuggets	\$3.80
● Hot Chicken & Mayo Roll	\$4.00
● Cheese Burger - beef patty/cheese/tomato	\$4.10
● Pizza Rounda Pocket	\$3.50
● <b>RECESS</b> Hash Brown (only 2 per person)	\$1.00

## TUESDAY SPECIALS

● Beef & Salad Burger	\$4.70
● Chicken & Salad Burger	\$4.70
● Beef Pie	\$4.00
● Potato Pie	\$4.00
● Tasty Treat (Small Pie, 1/2 S/Roll, Nugget)	\$3.50
Ham & Cheese Croissant	\$4.00
Cheese Croissant	\$3.40
● RECESS Cheesies	\$1.20

## WEDNESDAY SPECIALS

● Crumbed Fish & Wedges	\$4.40
● Hot Dog & Sauce	\$4.00
Chicken/Cheese Burger	\$4.10
● RECESS Yummy Drummy	\$1.50
● RECESS Chilli Chicken Strip	\$1.50

## THURSDAY SPECIALS

● Tasty Treat (Small Pie, 1/2 S/Roll, Nugget)	\$3.50
Meatball Cheese & Sauce Sub	\$4.50
● Chicken Chilli Strip, Lettuce/Mayo Sub	\$4.50
● 5-Piece Sushi	\$6.00
● RECESS Hash Brown (only 2 per person)	\$1.00

## FRIDAY SPECIALS

● Fish/Beef/Chicken Salad & Mayo Burger	\$4.70
● Hot Dog & Sauce	\$4.00
● Beef Cruiser Pie	\$4.00
● Potato Pie	\$4.00
Vegetarian Pastie	\$4.00
● Sausage Roll	\$2.80
● Party Pie	\$1.40
● 5-Piece Sushi	\$6.00
● RECESS Cheesies	\$1.20

# RECESS

## YOGHURT, FRUIT & JELLY

● Fresh Fruit	\$1.00
● Fruit Yoghurt	\$2.00
● Chocolate Yogo	\$2.00
Jelly / Fruit / Custard Cup	\$1.50
Assorted Cakes	\$1.00

## SNACKS

● Air Popped Popcorn	\$0.20
Popcorn (pre-packed)	\$1.50
Grain Waves	\$2.30
Red Rock Deli Chips	\$1.60
Vegie Chips	\$1.50
Mammee Sticks	\$1.10
CHILLI Chips	\$2.30



## DRINKS

● Up&Go	\$2.30
Focus Fruit Water	\$2.80
● Chill J (Glee)	\$2.50
Orange C Juice 300ml	\$2.30
Orange C Juice 600ml	\$3.80
● Spring Water 600ml	\$1.30
● Plain Milk 300ml	\$1.60
● Flavoured Milk 300ml	\$2.50
● Flavoured Milk 600ml	\$4.00
● Juice Box 250ml	\$1.80
Lipton Iced Tea 500ml	\$4.00
Aloe 500ml	\$4.00

## AFTER LUNCH TREATS

½ Icy Poles	\$0.50
Icy Pole	\$1.00
● Nippy's Frozen Juice	\$1.00
Lemonade Twist	\$1.50
Mini Calipo	\$1.50
Vanilla Lite Bucket	\$1.50
Lifesaver	\$2.50
● FROYO Frozen Yoghurt	\$2.60
Milo Scoop	\$3.50



## GLUTEN FREE OPTIONS

Pre-packaged Popcorn	\$1.50
Mammee Rice Sticks	\$1.10
Vegie Chips	\$1.50
● Butter Chicken	\$5.20
● Lasagne	\$5.20
● 5 Chicken Nuggets	\$4.20
● Potato Bake (with Cheese & Bacon)	\$4.20
● Chicken Fried Rice	\$4.20
● Beef Pie	\$5.80
● ½ Wraps with Chicken OR Ham OR Cheese and Salad	\$3.80
Toasted Sandwich	
add \$1.00 extra to above Menu prices	
Muffin	\$1.00
● FROYO Frozen Yoghurt	\$2.60

## 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

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

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).



## HOW TO ORDER

Please place all orders through canteen window before start of school, clearly marking the child's Name and Year (eg. 1A, 4B).

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

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

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