

Canteen Menu

2023 TERM 4 & 2024 TERM 1



SOUTH COAST
BAPTIST COLLEGE

LUNCH EVERYDAY

● Spiral Bolognaise	\$4.20
● Macaroni Cheese	\$4.20
● Chicken Salad Burger	\$4.70
● Beef Salad Burger	\$4.70
● Potato Bake (with cheese & bacon)	\$4.20
● Chicken Fried Rice	\$4.20
● Vegetarian Fried Rice	\$4.20
● Vegetarian Lasagne	\$5.20

FILLING

● 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	\$2.00	\$2.40
● Sliced Bread (2) / Buttered Roll	\$1.00	\$1.40

SANDWICH

ROLL

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

SALAD CUPS & PLATES

● Salad Cup	\$3.40
● Cheese & Salad Cup	\$4.00
● Chicken & Salad Cup	\$4.20
● Salad Plate	\$3.80
● Ham & Salad Plate	\$4.50
● Chicken & Salad Plate	\$4.50
● Egg & Salad Plate	\$4.50
● Tuna & Salad Plate	\$4.50

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

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

EVERYDAY SPECIALS

* No substitution on any Picnic Box Specials

● ½ Wrap - chicken chilli strips, lettuce & mayo, & muffin	\$4.50
● Picnic Box Cheese – ½ cheese sandwich, 4x cheese & crackers, muffin, sultanas & popcorn	\$4.00
● Picnic Box VEGEMITE – ½ vegemite sandwich, 4x cheese & crackers, muffin, sultanas & popcorn	\$3.50
● Chilli Chicken Pack – 2 x chilli chicken strips (cold), muffin, cheese & crackers, 1 slice bread	\$5.00

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.

MONDAY SPECIALS

● 4 Chicken Nuggets	\$3.30
● Cheese Burger - Beef patty/cheese/sauce	\$4.10
● RECESS Hash Brown (only 2 per person)	\$1.00

TUESDAY SPECIALS

● Beef & Salad Burger	\$4.70
● Chicken & Salad Burger	\$4.70
● Beef Pie	\$4.20
● Pizza Rounda Pocket	\$3.50
● RECESS Cheesies	\$1.20

WEDNESDAY SPECIALS

● Hot Chicken & Mayo Roll	\$4.00
● Chicken/Cheese Burger	\$4.10
● RECESS Chilli Chicken Strip	\$1.50

THURSDAY SPECIALS

● Pizza Meatlovers <u>or</u> Tasty Veg	\$4.80
● Chicken Chilli Strip, Lettuce/Mayo Sub	\$4.50
● 5-Piece Sushi	\$6.00
● RECESS Hash Brown (only 2 per person)	\$1.00

RECESS YOGHURT, FRUIT & JELLY

● Fresh Fruit	\$1.00
● Fruit Yoghurt	\$2.00
● Chocolate Yogo	\$2.00
● Muffin	\$1.00

SNACKS

● Air Popped Popcorn	\$0.20
● Popcorn (pre-packed)	\$1.70
● Grain Waves	\$2.40
● Red Rock Deli Chips	\$1.60
● Vegie Chips	\$1.60
● Mammee Sticks	\$1.20
● CHILLI Chips	\$2.40

FRIDAY SPECIALS

● Beef Salad Burger	\$4.70
● Chicken Salad Burger	\$4.70
● Hot Dog & Sauce	\$4.00
● Sausage Roll	\$2.80
● 5-Piece Sushi	\$6.00
● RECESS Cheesies	\$1.20

DRINKS

● Up&Go	\$2.50
● Chill J	\$2.50
● Orange C Juice 300ml	\$2.50
● Orange C Juice 600ml	\$4.00
● Spring Water 600ml	\$1.30
● Flavoured Milk 250ml	\$2.50
● Flavoured Milk 500-600ml	\$4.00
● Juice Box 250ml	\$2.00
● Lipton Iced Tea 500ml	\$4.00



GLUTEN FREE OPTIONS

● Pre-packaged Popcorn	\$1.70
● Mammee Rice Sticks	\$1.20
● Vegie Chips	\$1.60
● Lasagne	\$5.20
● 4 Chicken Nuggets	\$3.70
● Potato Bake (with Cheese & Bacon)	\$4.20
● Chicken Fried Rice	\$4.20
● Beef Pie	\$6.00
● Toasted Sandwich add \$1.00 extra to 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).

AFTER LUNCH TREATS

● Icy Pole (half - 50c)	\$1.00
● Nippy's Frozen Juice	\$1.00
● Lemonade Twist	\$1.60
● Mini Calipo	\$1.60
● Vanilla Lite Bucket	\$1.60
● Rainbow Paddlepop	\$2.40
● Moosies	\$2.00
● FROYO Frozen Yoghurt	\$2.60