

# Canteen Menu



SOUTH COAST  
BAPTIST COLLEGE

2024 TERM 2 - 3

## 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

● Cheese tostie + juice box	\$5.00
● 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
● Hot Chicken & Mayo Roll	\$4.00
● Chicken Salad Burger	\$4.70
● Beef Salad Burger	\$4.70
● <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	\$4.20
Pizza - Cheese	\$5.00
Pizza - Meatlovers	\$5.00
<b>RECESS</b> Cheesies	\$1.20

## WEDNESDAY SPECIALS

● Hot Dog & Sauce	\$4.00
● Chicken/Cheese Burger	\$4.10
● Chicken Salad Burger	\$4.70
● Beef Salad Burger	\$4.70
● <b>RECESS</b> Chilli Chicken Strip	\$1.50

## THURSDAY SPECIALS

● Pizza Meatlovers <u>or</u> Cheese	\$5.00
● Chicken Chilli Strip, Lettuce/Mayo Sub	\$4.50
● 5-Piece Sushi	\$6.00
● Chicken Salad Burger	\$4.70
● Beef Salad Burger	\$4.70
● <b>RECESS</b> Hash Brown (only 2 per person)	\$1.00

## RECESS

### YOGHURT, FRUIT & JELLY

● Fresh Fruit	\$1.00
● Fruit Yoghurt	\$2.00
● Chocolate Yogo	\$2.00
Assorted Cakes	\$1.00
Granola Cup	\$2.00

### SNACKS

● Air Popped Popcorn	\$0.20
Popcorn (pre-packed)	\$1.80
Grain Waves	\$2.40
Red Rock Deli Chips	\$1.60
Veggie Chips	\$1.60
Chilli chips	\$2.40

### GLUTEN FREE OPTIONS

Pre-packaged Popcorn	\$1.80
Veggie 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	\$2.80

## 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
● <b>RECESS</b> Cheesies	\$1.20

## DRINKS

● Up&Go	\$2.50
● Chill J	\$2.50
Spring Water 600ml	\$1.30
● Flavoured Milk Small	\$2.50
● Flavoured Milk Large	\$4.00
● Juice Box 250ml	\$2.00



## 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	\$1.70
Mini Calipo	\$1.70
Vanilla Bucket	\$1.70
Moosies	\$2.00
FROYO Frozen Yoghurt	\$2.80