



# BESPOKE SCHOOL CANTEENS

HEALTHY. NUTRITIOUS. DELICIOUS

children and youth empowered to make healthy, life-long sustainable food choices

## COOL FOOD

### SUSHI TUESDAYS

\*\*\*\*Please order sushi by 8PM on the Monday night\*\*\*\*

- Sushi..... 4.50  
chicken, tuna, tofu, vegetarian,
- Sushi Combo Deal..... 6.00  
sushi, snack popcorn & mini water or juice cup cold

### SANDWICH WARRIORS

**\*\*Make it a Mini Wrap at no extra charge\*\***

**\*\*Add \$1.00 for a Full Monster Wrap, Bread Roll, or Gluten Free\*\***

-We use wholemeal bread; white bread is available on request-

- TRAFFIC LIGHT SPECIAL..... 5.00  
cheese, tomato, carrot, lettuce sandwich  
+plus mini water or quelch stick & popcorn
- Cheese or with Tomato or Vegemite or Pineapple... 3.50
- Cheeky Cheese with Tuna or Chicken..... 4.50
- Cheese & Simple Salad..... 4.50  
tomato, carrot, cucumber, lettuce
- Tasty or Cottage Cheese with Avocado..... 4.50  
+add chicken for .50c extra
- Baked Beans or Spaghetti (add Cheese for free)..... 4.00
- Vegemite or Raw Honey or Jam no added sugar 4.00
- Eager Egg or Courageous Curried Egg..... 4.50  
egg, lettuce, mayo +add Cheese for free
- The Sassy Salad..... 4.50  
lettuce, tomato, cucumber, beetroot, carrots, capsicum, radish, avocado spread. Add cheese for free
- Tuney Tuna & Friends..... 4.50  
tuna, lettuce, mayo. Add cheese &/or tomato for free
- Lean Meats Only..... 4.00  
choose 1: ham, chicken, beef, turkey  
Add tomato &/or lettuce for free
- Lean Meats with Cheese..... 4.50  
choose 1: ham, chicken, beef, turkey +tasty cheese  
Add tomato &/or lettuce for free
- Lean Meats with Sassy Salad..... 5.00  
Choose 1: ham, chicken, beef, turkey +lettuce, tomato, cucumber, beetroot, carrots, capsicum, radish, avocado spread. Add tasty cheese for free.

### Roll On

- Chicken AbraKebabbara Roll..... 5.00  
greek inspired chicken skewer, lettuce, tomato, Mayo
- Tempting Tempeh..... 5.50  
shredded raw vegetable cabbage, carrots, mint, coriander, slivered tempeh with hommus or korean sauce

If your child has a particular dietary requirement, food allergy or intolerance please contact the canteen to see how we can assist



#### Coding:

= Everyday food  
(PO) Pre-Order

= Occasional food  
(LB) Lebanese Bread (T) Tortilla

# Daily Menu

A limited amount of food items is made for over counter sales. To avoid disappointment, we encourage that you order recess and lunch if you want a particular item.

### BREAKFAST & BEYOND

!Try a breakfast item for lunch.... YUM!

- Toast with Various Spread(x1) ..... 2.00  
vegemite, honey, jam, whipped ricotta
- Rockin Raison Bread Toast (x1)..... 2.00
- Mean Beans Pot (with toast batons)..... 3.50
- Cereal Cups with Mighty Milk..... 2.00  
messy monkeys choc crunch, rice puff, corn flakes
- Cheesey Pocket ..... 2.50
- Cheese & Deli Meat Pocket (choose: ham, chicken) 3.00
- Cheese Toastie..... 3.00
- Chi Chi Chia (Flavours change weekly)..... 3.50  
chia seed, dates, cacao, rice or coconut milk
- Overnight Oats (Flavours change weekly)... 3.50
- Egg & Cheese Muffin..... 4.00
- Bacon & Egg Roll ..... 5.00  
lean bacon, egg, mayo, rocket, nut free pesto



### WOW WRAPS (on Lebanese bread)

Minion Wrap Monster Wrap

- Classic Chicken Tender Wrap..... 4.50 6.00  
oven baked chicken, lettuce, tomato, mayo
- Caesar The Day Chicken Wrap..... 4.50 6.00  
chicken, lettuce, parmesan, egg, crunchy chickpeas, caesar dressing
- Perky Turkey Wrap..... 4.50 6.00  
turkey slice, cheese, lettuce, cranberry, apple, mandarin, cheese, yogurt, mayo
- The Falafel Fix Wrap..... 4.50 6.00  
falafel, hummus, lettuce, tomato, cucumber, tahin
- Beef Wrap..... 4.50 6.00  
greek style beef pieces, mixed lettuce, tomato, cucumber, tzatziki, fetta
- Lamb Wrap..... 4.50 6.00  
marinated lamb, lettuce, tomato, cucumber, hummus &/or garlic dip

### SUPER SALADS & POWER BOWLS

- Fruitylicious Fruit Salad Tub..... 4.50 5.50  
add yoghurt for free
- Watermelonator Tub add yoghurt for free..... 4.00 5.00
- Garden Rainbow Salad..... 4.50 5.50  
tomato, cucumber, lettuce, carrot, capsicum, dressing!  
Add egg or cheese for free
- Greek Odyssey Salad..... 4.50 6.00  
Lettuce, tomato, cucumber, capsicum, red onion, fetta, olives
- Cheeky Chicken & Butter Bean Salad..... 5.50 6.00  
chicken, lettuce, rocket, tomato, capsicum, butter beans, fetta, paprika, tangy lemon dressing
- Caesar the Day (Chicken or/& Crispy Ham) 5.50 6.50  
lettuce, egg, croutons, parmesan, dressing. Add chicken or crispy ham or why not try both



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## HOT FOOD

### PASTA BLASTA

(with a mini pot garden side salad)

Gluten Free Pasta available

🌱 Chief Beef Bolognese (DF) .....	5.00	6.00
pasta, tomato, beef, lentils, seasonal vegetables		
🌱 Napolitana Stunner (VG) .....	5.00	6.00
pasta, tomato based sauce with added seasonal vegetable & basil		
🌱 K.I.S Pasta & Cheese.....	4.50	5.50
bare pasta topped with tasty cheese, peas & corn		

### BURGER BASICS

All burgers come with lettuce, tomato & cucumber.

You can choose any or all of the following to be added:

Carrots, Beetroot, Onion, Cheese, Pickles, Mustard, BBQ or Tomato.  
For an extra \$1ADD Egg or Avacado

🌱 Beef Burger.....	5.00	6.00
beef pattie, tomato, lettuce, cucumber, sauce		
🌱 Chookatoo Chicken Fillet Burger.....	5.00	6.00
chicken Fillet, lettuce, tomato, cheese, mayo		
🌱 Swish Fish Burger.....	5.00	6.00
fish fillet, cheese, tartre		
🌱 Vegelicious Burger .....	5.00	6.00
spicy chickpea & vegetable, spinach, tomato, pest		

### NICE RICE

🌱 Fancy Fried Rice .....	4.50	5.50
seasonal mixed vegetables, tofu, soya, soya sauce		
🌱 Kicken Chicken Fried Rice.....	4.50	5.50
chicken, seasonal mixed vegetables, egg, soya sau		

### Other Hot Stuff

🌱 Chicken AbraKebabbara - Stick With It....	4.00
greek inspired chicken skewer	

### FROZEN COOL RUNNINGS

🌱 Frozen Orange Wedges.....	0.50
🌱 Frozen Pineapple.....	1.50
🌱 Frozen Watermelon Wedge.....	1.50
🌱 Frozen Yoghurt Sticks.....	1.00
🌱 Quelch Sticks.....	1.00
🌱 Moosi.....	2.50

#### Other

Additional Tomato sauce portions	0.50
Additional cutlery sets	0.20

**Note:** We provide cutlery as part of a meal;.20c charge is when no meal/food is purchased or extra cutlery is required.



## SNACK ATTACK (samples listed)

\*\*provided on a rotational basis for over counter sales\*\*

We add lots of healthy options for \$2 & below

Be assured that if you give your child money to purchase a snack from the canteen, they have lots of healthy choices.

🌱 Seasonal Fruit.....	1.50
🌱 Tutti Frutti Cone.....	2.00
cone filled with fresh fruit and topped with yoghurt or custard	
🌱 Caprese Mini Skewer.....	1.00
🌱 Mini Pizza Muffin Bites.....	1.00
🌱 Popcorn Plain (air popped).....	1.00
🌱 Popcorn & Raisons.....	1.00
🌱 Jaffle Triangle (assorted) starting at.....	1.00
🌱 Cheese Or Cheese & Spinach Pocket.....	2.50
🌱 Quesadilla Triangle (on rotation).....	2.00
chicken, cheese & corn, pizza that, mexican black beans, apple & cheddar	
🌱 Dippy Vegetable Crudités.....	2.50
A selection of seasonal vegetable batons with dip of your choice. Example: carrots, cucumber, celery, capsicum, beans, zucchini, asparagus, tomato	
Choose a Dip: 🌱 Homey Hummus 🌱 Tzatziki	
🌱 Little Pots of Taste	
🌱 Greek Yoghurt (Plain or with Berries).....	1.00
🌱 Custard (Plain or with Fruit).....	1.00
🌱 Jelly (made from juice).....	1.00
🌱 Korny Kernel Corn (steamed).....	1.00
🌱 Fruit Snack.....	1.00
🌱 Cheese or Cheese & Ham Bakery Bun.....	3.00
🌱 Pikelets (plain).....	2.50
🌱 Pikelets (fruit &/or yogurt).....	4.00

## DRINKS TO HYDRATE

🌱 Wonder Water 600ml.....	2.50
🌱 Sparkling Water 600ml .....	2.80
🌱 Mount Franklin Flavoured Sparkling...	3.50
🌱 Mighty Milk in Cup.....	2.00
🌱 Pauls Milky Max (Chocolate).....	3.00
🌱 Pauls Milky Max (Strawberry).....	3.00
🌱 MinionCcino (hot Milk or Milo or Chocolate)	1.50
🌱 MonsterCcino (hot Milk or Milo or Chocolate)	2.50
🌱 Milk Lite Flavoured 300mls.....	3.00
🌱 Up & Go 250mls.....	3.00
🌱 Juice Popper 200mls.....	2.00