

BYRON BAY PUBLIC SCHOOL CANTEEN MENU - 2021

OPEN MONDAY – FRIDAY FROM 8:55am – 12pm (Lunch orders must be placed by 9:15am)

Sign up at www.flexischools.com.au - to order your lunch!

HEALTHY SANDWICH or WRAP

Honey <i>or</i> Vegemite	\$2.00
Cheese	\$3.00
Egg and lettuce	\$3.50
Salad (<i>Lettuce, carrot, tomato & cucumber</i>)	\$3.50
Add Gluten Free bread (<i>GF</i>)	\$2.00

Build your own (sandwich or wrap) \$3.00

(Choose one of the following)

Chicken *or* Ham *or* Tuna *or* Falafel

Add the following for \$0.40 each:

Lettuce, Tomato, Carrot, Cucumber, Beetroot

Add mayonnaise	\$0.20
Add cheese	\$0.50
Add avocado	\$1.00
Add Gluten Free bread (<i>GF</i>)	\$2.00

TOASTED SANDWICH OPTIONS \$3.50

(Choose one of the following)

Cheese	Cheese & Tomato	
Ham & Cheese	Chicken & Cheese	
Ham	Tuna & Cheese	
Ham, Cheese & Tomato		
Add Gluten Free bread (<i>GF</i>)		\$2.00

SALAD CONTAINERS (*GF*) \$5.00

Greek Salad (*lettuce, tomato, cucumber, capsicum, feta & olives*)

Add Ham / Chicken / Tuna / Falafel - \$1.50 ea

Option to add balsamic dressing

WEEKLY EXTRAS

Mexican Chicken Tortilla Pocket \$4.50

Home-made shredded Mexican chicken thighs with carrot, corn and capsicum in a toasted tortilla with mozzarella cheese

Butter Chicken with rice \$5.00

Home-made mildly spiced butter chicken with Basmati rice



HEALTHY SUSHI, FRIED RICE and Miso

Nori Roll (each)	\$3.50
Avocado (<i>GF</i>) <i>or</i> Tuna (<i>GF</i>) <i>or</i> Teriyaki chicken (<i>GF</i>)	
Inari Tofu Pocket (each)	\$2.50
Soy Sauce	\$0.20
Cup of Miso Soup	\$2.00
Vegetarian Fried Rice (<i>GF</i>)	\$4.00

HEALTHY HOMEMADE PASTA and PIZZA

Cup of Plain Pasta	\$1.00
Cup of Pasta with Parmesan	\$1.50
Cup of Pesto Pasta	\$2.00
Bolognese Pasta (<i>Tuesday to Friday only</i>)	\$5.00
Bolognese Pasta with Parmesan (<i>Tue-Fri</i>)	\$5.50

HEALTHY Snacks and Treats

Hard-boiled egg	\$1.50
Corn on the cob	\$1.50
Edamame	\$1.50
Fresh fruit / apple slinky	\$1.50
Fresh fruit salad cup	\$2.00
Vegie sticks w/ cheese	\$1.50
Hummus Dip w/ rice crackers	\$2.00
Popcorn	\$0.50

HEALTHY Frozen Treats

Frozen fruit piece (watermelon, pineapple, mango, grape)	\$0.10
Quelch Frozen Fruit tube 99% juice	\$1.00
99% Juice Slushy	\$1.60

HEALTHY Drinks

S. Pellegrino Sparkling Mineral Water (330ml) (<i>Plain / Lemon & Lemon Zest / Tangerine & Wild Strawberry</i>)	\$2.60
Coconut Water (250ml)	\$3.50
Plain Milk (300ml)	\$1.70
Plain Milk (300ml) with Sipahh Straw (<i>Chocolate, Strawberry, Honeycomb and Vanilla</i>)	\$2.30
NORCO Flavoured Milk (300ml) (<i>Chocolate or Strawberry</i>)	\$2.30
Juice Popper (250ml) (<i>Apple / Apple Blackcurrant / Apple Mango / Tropical</i>)	\$2.30

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SOMETIMES LUNCH CHOICES

Party Pie	\$1.90
Sausage Roll	\$3.00
Steak Pie	\$4.50
Spinach and Ricotta Roll	\$3.60
Tomato Sauce	\$0.20
Margarita Pizza	\$3.50
Hawaiian Pizza	\$3.50
<i>Gluten Free</i> Margarita Pizza <i>(GF)</i>	\$3.80
<i>Gluten Free</i> Hawaiian Pizza <i>(GF)</i>	\$3.80

HOMEMADE Snacks and Treats

Cocoa biscuit	\$1.50
Wholemeal blueberry muffin	\$2.00
Raspberry coconut muffin <i>(GF)</i>	\$2.50
Sugar free banana coconut bread	\$2.50
Sea Salt Potato Chips	\$1.50
Pretzels	\$1.50
<u>SOMETIMES Frozen Treats</u>	
Ice Cream in a cone	\$2.00
Twisted Frozen Yoghurt <i>(Strawberry Vanilla or Mango Watermelon)</i>	\$2.50



Byron Bay Public School Canteen supports the NSW Healthy School Canteen Strategy; to support student health by providing access to healthy foods and drinks to make the healthy choice, the easy choice. At BBPS Canteen our aim is to use fresh ingredients where possible and local suppliers.

Sandwiches, toasties and salad containers are made fresh to order in the canteen.

Our bread is wholemeal and delivered daily from the Hot Bread Kitchen.

Our sandwich chicken is skinless breast meat, poached and sliced in the canteen.

Sushi is made fresh daily by Street Sushi.

Vegetarian Fried Rice is gluten-free and homemade in the canteen.

Our pasta options are cooked in the canteen. Our pesto is made in the canteen and we use lean quality mince from Hayters Hill Butchery for our bolognaise pasta which is homemade.

Our weekly specials of Mexican Chicken Tortilla and Butter Chicken are both home made in the canteen.

Our 'Sometimes' lunch choices are also sourced locally using the highest quality ingredients:

Pies, sausage rolls and Spinach and Ricotta Rolls are locally made at the Hot Bread Kitchen.

Pizzas are assembled and cooked in the canteen using mission pizza bases.

Our cocoa cookies, wholemeal muffins and banana coconut bread are made fresh in the canteen.

The Slushies are 99% fruit juice using natural colours and flavours. No hidden nasties!

Lunch orders must be placed by 9:15am. Simple sandwiches only will be available after this time. Please feel free to come and see us if you have any questions or would like to volunteer.

