

# BYRON BAY PUBLIC SCHOOL CANTEEN MENU - 2023

OPEN MONDAY – FRIDAY (Lunch orders must be placed by 9:00am)

Sign up at [www.flexischools.com.au](http://www.flexischools.com.au) - to order your lunch!

## HEALTHY SANDWICH or WRAP

Honey or Vegemite	\$2.00
Cheese	\$3.50
Egg and lettuce	\$4.00

### Build your own Salad (sandwich or wrap) \$4.00

(Select the following inclusions)

Lettuce, carrot, tomato & cucumber

Option to add the following:

Beetroot	\$0.40
Cheese	\$0.50
Avocado	\$1.00
Mayonnaise	\$0.20
Add Gluten Free bread (GF)	\$2.00

### Build your own (sandwich or wrap) \$3.50

(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 (GF)	\$2.00

## TOASTED SANDWICHES from \$3.50

Cheese	\$3.50	Cheese & Tomato	\$3.90
Ham & Cheese	\$4.00	Chicken & Cheese	\$4.50
Ham	\$3.50	Tuna & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.40		
Add Gluten Free bread (GF)	\$2.00		

## SALAD CONTAINERS (GF) \$5.50

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

Add Ham/Tuna Falafel – \$1.50 each

Chicken - \$2.00

Option to add balsamic dressing



## HEALTHY Snacks and Treats

Hard-boiled egg	\$1.50
Edamame	\$1.50
Fresh fruit / apple slinky	\$1.50
Fresh fruit salad cup	\$3.00
Veggie sticks w/ cheese	\$2.00
Hummus Dip w/ rice crackers	\$2.50
Popcorn	\$0.50

## HEALTHY Frozen Treats

Quelch Frozen Fruit tube 99% juice	\$1.00
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## HEALTHY SUSHI, FRIED RICE and Miso

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

## HEALTHY HOMEMADE MEALS

Cup of Plain Pasta	\$1.50
Cup of Pasta with Parmesan	\$2.00
Cup of Pesto Pasta	\$2.00

Bolognese Pasta (Tue to Fri until sold out)	\$5.50
Bolognese Pasta with Parmesan (Tue-Fri)	\$6.00

### Mexican Chicken Tortilla Pocket \$5.00

Home-made shredded Mexican chicken thighs with carrot, corn and capsicum in a toasted tortilla with mozzarella cheese (Available Wed-Fri, until sold out)

### Butter Chicken with rice \$5.50

Home-made mildly spiced butter chicken with Basmati rice (Available Wed-Fri, until sold out)



## HEALTHY Drinks

S. Pellegrino Sparkling Mineral Water (330ml)	\$3.00
(Plain / Lemon & Lemon Zest / Tangerine & Wild Strawberry)	
Coconut Water (250ml)	\$4.00
Plain Milk (300ml)	\$2.00
Plain Milk (300ml) with Sipahh Straw	\$2.50
(Chocolate, Strawberry, Honeycomb and Vanilla)	
NORCO Flavoured Milk (300ml)	\$3.00
(Chocolate or Strawberry)	
Juice Popper (250ml)	\$2.50
(Apple / Apple Blackcurrant / Apple Mango / Tropical)	
Juice Bomb (250ml)	\$3.50
(Grape / Apple Raspberry / Watermelon)	
99% Juice Slushy (Pick Up)	\$2.00

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## **SOMETIMES LUNCH CHOICES**

Party Pie	\$2.50
Sausage Roll	\$3.80
Steak Pie	\$5.80
Spinach and Ricotta Roll	\$4.00
Tomato Sauce	\$0.20
Margarita Pizza (small)	\$3.50
Margarita Pizza	\$4.00
Hawaiian Pizza	\$4.50
Gluten Free Margarita Pizza (GF)	\$4.00



## **HOMEMADE Snacks and Treats**

Cocoa biscuit	\$2.00
Blueberry muffin	\$3.00
Raspberry coconut muffin (GF)	\$3.00
Sugar free banana coconut bread	\$3.00
Sea Salt Potato Chips	\$2.00
Pretzels	\$1.00

## **SOMETIMES Frozen Treats**

Ice Cream in a cone	\$2.50
Twisted Frozen Yoghurt (Strawberry Vanilla or Mango Watermelon)	\$3.50



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.
- Bread is wholemeal and delivered daily from the Hot Bread Kitchen.
- 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.
- 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.
- 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 9:00am.***

Please feel free to come and see us if you have any questions or would like to volunteer.

