

# Bright P-12 College Canteen Summer Menu 2007

All lunches to be ordered  
before 9.30am please

October 2007

## BRAIN FOOD \$

**SANDWICHES** - All Multigrain unless specified

Make your own combination!

Single Ingredient: Ham, Chicken, Tuna, Lettuce, Cheese, Tomato, Vegemite, Honey, Banana, etc.....	✓	1.20
Salad: cheese, lettuce, tomato & carrot.....	✓✓	2.00
Extra ingredient: .....		30

## WANDI WRAPS \$

With salad (lettuce, carrot, cheese) + mayo or hommus

Ham .....	✓✓	3.00
Chicken .....	✓✓	3.00
Tuna .....	✓✓	3.00
Chilli Chicken or Lemon Chicken .....	✓✓	3.00

## ROCK & ROLLS \$

All Multigrain unless specified

Make your own combination!

Single Ingredient: Ham, Chicken, Tuna, Lettuce, Cheese, Tomato, Vegemite, Honey, Banana, etc.....	✓	1.50
Salad: cheese, lettuce, tomato & carrot.....	✓✓	3.00
Meat & salad .....	✓✓	3.20
Super meat & salad.....	✓✓	3.50
<i>(as above plus beetroot, onion, virginia ham, pineapple &amp; mayo)</i>		
Buttered Roll.....		.80
Extra Ingredient.....		.30

## FROZEN STUFF \$

Fruit Tube.....	✓	.50
Fruit Frosties .....	✓	1.50
Milo's Scoopshake .....		2.50
Billabong: chocolate.....	✓	1:10
Frozen Yoghurt: strawberry.....	✓✓	1.00
Yo-gos (frozen yoghurt tubes).....		.50
Lite Icecream: raspberry or Chocolate.....		1.70
Sunnyboys.....		.80

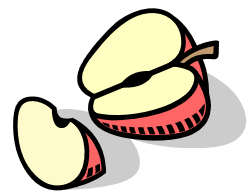
## HOT STUFF \$

\*Multigrain roll used unless 'white' specified

*Alpine Fillet of Chicken Burger w/ lettuce, mayo .	3.00
*Tropical Chicken Burger with pineapple.....	3.20
*Sweet Chilli Chicken Burger .....	3.20
*Chicken Burger—with lot .....	3.50
<i>lettuce, cheese, tomato, beetroot, mayo</i>	
Lasagne.....	✓ 3.00
Vegie Lasagne .....	✓ 3.00
Spaghetti Bolognese .....	✓ 3.00
Vegie Burger .....	✓ 3.00
Cup of Noodles.....	✓ 2:50
Pizza – ham & pineapple or cheese & bacon .....	2.00
Chicken Nuggets: 4 with carrot & cheese sticks....	✓ 2:00
Juicy Corn on the Cob .....	✓ .60
Sauces: Tomato, Sour cream, Soy or Sweet Chilli..	.20

Order only on "FREAKY FRIDAYS" \$	
Pie beef, chicken, steak & bacon .....	3.00
Pastie .....	3.00
Sausage Roll.....	2.00
Party Pie.....	.60
Potato Wedges.....	1:00

✓ = **Healthy Choices**  
See overleaf for an explanation of our **Healthy Choice Program (HCP)**  
Note: All Milk, Yoghurt, Cheese, Margarine and Sour Cream used at the Canteen are **LOW FAT** varieties



**FRUIT SLUSHY** is now available from the canteen. Made from 99% Apple Juice, no added sugar, no artificial flavours, zero fat, with "Go For Your Life" OK, only \$1.50.

## FANTASTIC FRUIT \$

Orange, Apple, Banana .....	✓✓	.70
Dried Fruit Pack (Apricots, dried prunes, dates, banana, sultanas and apples).....		1.00

## MUNCHIES \$

Yoghurt with Spoon .....	✓	1:10
Nutella with scoop .....	✓	.50
Fruit Salad in Fruity Jelly.....		1.00
Health & Energy Bar .....	✓	1.80
Ovalteenies .....	✓	.70
Milky Way.....	✓	.70
Summer Roll .....		1:60
Cadbury Choc Block – Furry Friend.....		.50
Maltesers, Dove, Mars, Shakers . snack size.....		.60
Deli Style Chips 30g: plain, honey soy chicken.....		1:00
Vegie Chips.....	✓	.60
Corn Chips .....	✓	.60
Loose lollies (limited to 50c):		
Yoghurt Frogs (fat free) .....	✓	.10
Sun Fruits (35% fruit jubes) .....	✓	.05
Yoghurt sticks .....	✓	.10
Licorice Twists .....		.10
Raspberry Twisters.....	✓	.10

## THIRSTY? \$

Orange Juice 300ml.....		1:10
Orange Juice 600ml.....		1:60
Apple or Apple/Blackcurrant Juice 375ml .....	✓	1:30
Prima: orange, apple, orange/mango, tropical, apple/blackcurrant.....		1.00
Mineral Water 300ml: orange, portello & apple/raspberry .....		1:20
Spring Water .....	✓✓	1:00
Big M 300ml: chocolate, strawberry, coffee.....		1:70
Big M 600ml: choc., strawberry, coffee .....		2:70
Plain Milk 300ml .....	✓✓	.90
Pop Top Pura Juice apple or orange.....	✓	1.00
Milkshakes: choc., strawberry, vanilla.....		2.50

## OCCASIONALLY CAKES \$

Muffins: choc chip, apple, fruit forest.....		2:00
Chocolate Cake.....		1:00
Carrot Cake.....		1:00
Coffee Scroll.....		2:00
Apple Pie: hot or cold (light).....	✓	2:00

