

Ready, Set, Go!
Making Good Food Choices

Bankstown North Public School Canteen Menu



Red - Occasionally
 These foods will only be offered on one or two occasions per term.

Amber - Select carefully.
 Try not to let these food dominate your choices.

Green - Go, Go, Go
 We encourage and promote these foods. These are the best choices.

Please note that tomato sauce portion costs 0.30 cents

All food is grilled and oven baked.

Also HALAL meat

Our food is freshly prepared daily on premises.

Hot Food
 (Green/Amber)

| | |
|-----------------------------|--------|
| Vegetable fried rice ----- | \$4.00 |
| Chicken breast nuggets----- | \$3.50 |
| Noodle cup ----- | \$2.50 |
| Pizza singles----- | \$3.00 |
| Chicken fillet burger----- | \$4.00 |
| Fish fillet burger----- | \$4.00 |
| Fish fingers w/ sauce----- | \$3.50 |
| Beef Hotdog w/ sauce ----- | \$3.00 |
| Vegetable spring roll ----- | \$3.50 |

Wraps(Green)

| | |
|--|--------|
| Cheese salad (tomato, cucumber, lettuce, beetroot and carrot) ----- | \$4.00 |
| Vegetable tortilla (tomato, cucumber, carrot, lettuce, cheese) ----- | \$4.50 |
| Hummus and vegetable (tomato, cucumber, carrot, lettuce) ----- | \$4.00 |
| Falafel (tomato, cucumber lettuce and tahini) ----- | \$4.00 |
| Chicken (lettuce and mayo) ----- | \$4.00 |
| Chicken (salad and mayo) ----- | \$4.50 |
| Chicken Schnitzel (lettuce and mayo) ----- | \$4.50 |
| Chicken Schnitzel (salad and mayo) ----- | \$5.00 |
| Leg Ham with Cheese (lettuce and tomato) ----- | \$5.00 |
| Egg (lettuce, tomato, cucumber and mayo) ----- | \$4.50 |
| Tuna (lettuce, tomato, cucumber and mayo) ----- | \$4.50 |

Fresh Salad Box
 (Green)

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|---|--------|
| Plain salad (tomato, cucumber, lettuce, carrot, french dressing) ----- | \$4.00 |
| Tabouleh (parsley, tomato. onion) (THURSDAY ONLY) ----- | \$4.00 |
| Chicken salad (tomato, cucumber, lettuce, carrot, french dressing) ----- | \$5.00 |
| Egg salad (tomato, cucumber, lettuce, carrot, french dressing) ----- | \$4.50 |
| Tuna salad (tomato, cucumber, lettuce, carrot, french dressing) ----- | \$4.50 |
| Chicken or Egg Caesar salad (tomato, cucumber, lettuce, carrot, bacon, croutons, caesar dressing) ----- | \$6.00 |

Sandwiches
 (Green)

| | |
|--------------------------------|--------|
| Baked beans or Spaghetti ----- | \$2.00 |
| Honey, Jam or Vegemite ----- | \$2.00 |
| Cheese----- | \$2.50 |
| Cheese w/ tomato----- | \$3.00 |
| Leg Ham----- | \$3.00 |
| Leg Ham with Cheese ----- | \$3.50 |
| Egg, mayo and lettuce----- | \$3.00 |
| Tuna, mayo and lettuce----- | \$3.00 |
| Chicken, mayo and lettuce----- | \$3.50 |
| Chicken schnitzel----- | \$4.00 |
| Salad w/ cheese ----- | \$3.50 |

Snacks
 (Green/Amber)

| | |
|---------------------------|--------|
| Choco chip cookie ----- | \$1.00 |
| Plain popcorn ----- | \$1.00 |
| Red rock deli chips ----- | \$1.50 |
| Rice sticks chips ----- | \$1.00 |
| Fruit salad ----- | \$2.50 |
| Custard cups ----- | \$1.00 |
| Seasonal fruits ----- | \$1.00 |
| Yoghurt with muesli ----- | \$1.00 |
| Jelly cups ----- | 0.70c |
| Muffins ----- | 0.50c |

Available during recess

| | |
|---------------------------------|--------|
| Vegetable salad cup ----- | \$1.50 |
| Mini pie ----- | \$1.00 |
| Hashbrown ----- | \$1.00 |
| Vegetable sticks w/ hummous --- | \$1.00 |
| Fruit cup ----- | \$1.50 |
| Fruit skewers ----- | \$1.00 |
| Garlic bread ----- | 0.50 c |

Drinks
 (Green)

| | |
|---------------------------------|--------|
| Plain water (600ml) ----- | \$2.00 |
| Plain water (250ml) ----- | \$1.00 |
| Big M Milk ----- | \$2.00 |
| (chocolate, strawberry) | |
| 100% Juice (Apple/Orange) ----- | \$1.00 |

Frozen Treats (summer only)

| | |
|------------------|--------|
| Ice Cream ----- | \$1.00 |
| Slurpee ----- | \$2.00 |
| Ice blocks ----- | \$1.00 |