

BELLBROOK CATERING



Courtenay Gardens Primary School

Open Wednesday, Thursday, Friday

Please write your child's name, class and lunch order with prices on a suitable sized new lunch bag or add 0.20 for provided bag

HEARTY HOT FOOD

Lasagna 97% fat free	\$4.20	☺☺☺
Macaroni Cheese 97% fat free	\$4.20	☺☺☺
Chicken Fried Rice	\$4.20	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Potato Scallop - recess only	\$1.00	☺☺
Hot Noodles Chicken or Beef	\$3.00	☺☺
Chicken crumbed tender	\$2.10	☺☺GF
Hot Dog	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.40	☺☺☺
Chicken Burger with Lettuce & Low Fat Mayo	\$4.40	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nugget - Bag of 3	\$3.30	☺☺
Chicken Breast Nugget - Bag of 6	\$5.50	☺☺
Corn Cobbette	\$1.00	☺☺☺
100% Vegetable Pastie	\$4.20	☺☺ V
Good Eating Beef Pie	\$4.20	☺☺
Good Eating Sausage Roll	\$3.20	☺☺
Good Eating Potato Top Pie	\$4.20	☺☺
Good Eating Snack Party Pie	\$1.00	☺☺

All pies heart foundation approved, low GI, reduced fat

SUPER SANDWICHES AND SALADS

		Sandwich	
Vegetite	\$2.10		☺☺☺ V
Cheese	\$2.30		☺☺☺ V
Ham (97% fat free)	\$3.00		☺☺
Ham (97% fat free) and Salad	\$4.00		☺☺
Ham & Cheese	\$3.50		☺☺
Tuna & Salad	\$4.00		☺☺☺
Roast Chicken	\$3.50		☺☺☺
Roast Chicken & Salad	\$4.50		☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$3.50		☺☺☺ V
Egg & Lettuce	\$2.80		☺☺☺ V
Rolls or Wraps extra	\$0.60		
***All sandwiches on wholemeal bread *** White/Multigrain bread available on request			
FRESH MADE SALAD BOXES			
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$4.50	Regular	☺☺☺GF
Add beetroot	\$0.50		
Add egg	\$0.50		
Add Tuna, chicken or ham	\$1.00		

TASTY JAFFLES

Baked Bean and Cheese	\$3.40	☺☺☺ V
Spaghetti	\$3.00	☺☺☺ V
Cheese	\$3.00	☺☺☺ V
Ham and Cheese	\$4.00	☺☺☺

EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.30	☺☺
LUNCH BAGS	\$0.20	

SPECIAL SNACKS

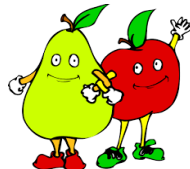
Cobs popcorn, Sea Salt or Slightly Sweet	\$1.60	☺☺GF
Red Rock Chips Honey/Soy	\$1.60	☺☺
Chips Sea Salt	\$1.60	☺☺GF
Home Style Cookies	\$2.20	☺☺
Gingerbread	\$1.60	☺☺
Ovalteenies	\$1.20	☺☺
Homemade Mini Muffin	\$1.00	☺☺
Veggie Cup with Dip	\$2.00	☺☺☺GF
Seasonal Fruit Cup	\$2.00	☺☺☺GF
Mamee Rice Sticks Cheese or Vegetable	\$1.00	☺☺GF

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.70	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	☺☺☺GF
Orange or Apple		
Aqua Fruits Flavoured Springwater	\$2.70	☺☺GF
Cola, Blue Heaven or Apple Raspberry		

☺☺☺ Every Day Foods
☺☺ Select Carefully foods
V Denotes Vegetarian
GF Denotes Gluten Free.



FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes	\$1.70	☺☺☺GF
Chocolate or Blue		
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.30	☺☺☺GF
Streets Choc Shake Cup	\$2.30	☺☺
Streets Paddle Pop	\$2.00	☺☺

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

Bring lunch bag back to canteen to pick up your ordered frozen treat

TURN OVER FOR OUR SPECIAL MEAL DAYS

EVERYDAY SPECIAL LUNCH PACK

Salad Sandwich		
Slice of Fruit	\$5.50	☺☺☺
Mini Muffin		
Water		

EFFECTIVE FEBRUARY 2019

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE CLEARLY MARK BAG