

AUTUMN/WINTER MENU

Commencing **MONDAY 3rd MAY 2021**

SNACKS AVAILABLE EVERYDAY

Recess and Lunch

Slinky's Homemade options – Change from day to day

For example – **Cookie, Scones, Slices, Cake Slices,**

Savoury Pinwheels & Cheesy Melts 50c

Muffins, Cupcakes and Cheesy Pasta \$1.00

Dried Apricots each 10c

Sultanas 10 for 10c

Apple Slinky 50c

Your own apple Slinkied FREE

Grain Waves - Sour Cream \$1.50

Red Rock Chips – Sea salt (GF) \$1.50

FROZEN SNACKS

Available Recess and Lunch

Quelch fruit juice ice-sticks Whole 50c

Half 25c

Frozen Fresh Fruit Ice-blocks 50c

Frozen Smoothie ice-blocks Banana | Berry 50c

Frozen Yogurt ice-blocks Vanilla | Raspberry 50c

Frozen Milo ice-blocks 50c

FROZEN SNACKS

Available Lunchtime only

Vanilla Ice cream cup/cone \$1.00

Frozen 100% Juice Poppers \$1.50

Apple, Blackcurrant/apple, Orange or Paradise Punch

Frozen Moove Flavoured Milk Tetrapak \$2.00

Chocolate or Strawberry

DRINKS

100% Juice Poppers \$1.50

Apple | Blackcurrant/apple | Orange | Paradise punch

Glee – 99% Sparkling Fruit Juice

Grape | Raspberry | Tropical | Blackcurrant

Sour Watermelon | Sour Blueberry \$2.50

Moove Flavoured Milk Tetrapak

Chocolate | Strawberry \$2.00



50c

MONDAY

PIZZA – Hawaiian or Margerita (V)

Made with our own pizza sauce

slice \$2.50

Gluten Free Pizza

slice \$3.00

GARLIC BREAD

50c

WEDNESDAY

SUSHI (GF/DF)

roll \$3.00

Tuna | Tuna and Cucumber | Teriyaki Chicken | Teriyaki Chicken and Cucumber | Cucumber

FRIDAY

HOMEMADE SPECIAL – see newsletter or Facebook page

EVERY MONDAY + WEDNESDAY

MARGERITA PASTA – Spiral Pasta served with our own

tomato sauce and a sprinkling of cheese (V) \$5.00

BOLOGNAISE PASTA – Spiral Pasta served with

Bolognaise Sauce and a sprinkling of cheese \$5.00

BAKED POTATOES – (GF)

Choose from the following fillings -

+ Bolognaise Sauce and a sprinkling of cheese

+ Margerita Pasta Sauce with a sprinkling of cheese (V)

+ Mexican Beef and Beans with a sprinkling of cheese

+ Mexican Beans with a sprinkling of cheese (V) \$5.00

Add Sour Cream extra 50c

EVERY CANTEEN DAY – Mon, Wed, Fri

PIE \$4.50

JUNIOR PIE \$4.00

SAUSAGE ROLL \$4.00

JUNIOR SAUSAGE ROLL \$3.50

SAUCE 25c

EVERY CANTEEN DAY – Mon, Wed, Fri

SALAD BOWLS

GARDEN SALAD – lettuce, tomato, cucumber, carrot and beetroot (GF/DF) \$3.50

MEXICAN SALAD – lettuce, tomato, corn, red capsicum and cheese (GF) \$4.00

Add poached Chicken, Egg, Tuna or Ham extra \$1.00

Add cheese or beetroot extra 50c

Have it as a Wrap extra 50c

WRAPS

Salad \$4.00

Cheese and Salad \$4.50

Chicken (Poached), Lettuce and Mayo \$4.00

Chicken (Poached), Ham or Tuna and Salad \$5.00

SANDWICHES | TOASTIES

All served on wholemeal bread

Vegemite/honey/jam \$2.00

Cheese \$2.50

Chicken (Poached), Ham \$3.00

Ham and Cheese \$3.50

Ham, Cheese & Tomato \$4.00

Salad (tomato, lettuce, cucumber, carrot, beetroot) \$3.50

Tuna or Egg with mayo \$3.00

Egg, Lettuce & Mayo \$3.50

Chicken, Lettuce & Mayo \$3.50

Add Chicken, Ham, Tuna or Egg extra \$1.00

Add Cheese, Tomato, Beetroot, Cucumber, Carrot or

Lettuce extra 50c

Gluten Free Bread Available extra \$1.00

More than 90% of Bundeena Bites food is made from fresh ingredients on the premises, no preservatives, additives or numbers.

HEALTHY EATING STRATEGY

Foods classified **GREEN - EVERYDAY**

Foods Classified **AMBER - OCCASIONAL**

www.healthy-kids.com.au