

AUTUMN/WINTER MENU

Commencing **MONDAY 6th MAY 2019**

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 SNACKS

Available Lunchtime only

Vanilla Icecream cone/cup **\$1.00**

Frozen 100% Juice Poppers **\$1.50**

Apple, Blackcurrant/apple, Orange or Paradise Punch

Frozen Moove Flavoured Milk Tetrapak

Chocolate or Strawberry **\$2.00**

DRINKS

100% Juice Poppers **\$1.50**

Apple | Blackcurrant/apple | Orange | Paradise punch

Glee – 99% Sparkling Fruit Juice

Grape | Raspberry | Tropical | Blackcurrant **\$2.50**

Moove Flavoured Milk Tetrapak

Chocolate | Strawberry **\$2.00**

Plain Milk – cup **50c**

Smoothies Banana | Berry (need to be ordered) **\$1.50**



DAILY SPECIALS!

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 CANTEEN DAY – Mon, Wed, Fri

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

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) **in a bowl \$3.50**

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

FALAFEL SALAD – Falafel, Hommus, lettuce, tomato and cucumber (GF/DF) **in a bowl \$4.50**

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**

Hommus, Cheese and Salad **\$5.00**

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