



# -EAT HEALTHY, STAY STRONG-

Sandwiches & Toasties available daily  
except wednesday (see wednesday  
special)

## GOLDFIELDS BAPTIST COLLEGE CANTEEN SUMMER MENU '19'



### \*SPECIALS FOR THE WEEK\*

#### DRINKS

<b>MILK:</b> 225ml Hilo	\$1.80
<b>SIPPAH STRAWS:</b> Chocolate, Banana, Strawberry	\$0.80
<b>CHILLS:</b> Banana, Choc, straw, neopolitan	\$2.80
<b>UP &amp; GO:</b> (choc + straw+vanilla)	\$2.20
<b>BOTTLED WATER:</b>	\$1.80
<b>JUICE BOMB (100% fruit juice)</b> Apple+cola, Apple+blackcurrent	\$2.80
<b>CLASSIC JUICES:</b> - 350 ml Apple&blackcurrent	\$3.50
<b>POPPER JUICE:</b> - 100% fruit juice Tropical, Apple, Orange	\$2.00
Apple & blackcurrant	
<b>Golden circle:</b> Apple +rasberry	\$1.50
Blackcurrent, apple and orange	
<b>Cup of milk with sippah straw</b>	\$1.80

#### SANDWICHES & ROLLS/ WRAPS

	S/wich	Roll/wrap
Vegemite or Strawberry jam	\$2.60	\$3.00
Cheese	\$3.20	\$3.60
Salad	\$3.70	\$4.10
Ham	\$3.40	\$3.80
Ham & Salad	\$4.30	\$4.70
Chicken	\$3.90	\$4.30
Chicken & Mayo	\$4.20	\$4.60
Chick, Lettuce & Mayo	\$4.50	\$4.90
Chicken & Salad	\$4.80	\$5.20
Egg, Mayo & Lettuce	\$4.10	\$4.50
Curried egg	\$4.10	\$4.50
Buttered bread	\$2.00	\$2.40
<b>*EXTRAS COST 60c</b> each (cheese, beetroot, tomato, lettuce, cucumber, carrot)		
<b>*EXTRAS COST 50c</b> each (mayo, sweet chillie, BBQ, tomato sauce)		
<b>*ALL SANDWICHES are made on Wholemeal bread.</b>		

#### TOASTIES

Bacon, egg and BBQ sauce	\$4.80
Bacon and BBQ sauce	\$4.80
Cheese	\$3.70
Ham & Cheese	\$4.30
Ham, Cheese & Pineapple	\$4.80
Ham, Cheese & Tomato	\$4.80
Chicken & Cheese	\$4.80
Chicken & Mayo	\$4.70
Spaghetti (special)	\$3.80
Vegemite (special)	\$3.10
Vegemite & Cheese	\$3.90
Wraps can be toasted for 50c extra	

#### SALADS - Great for vegeterians

MINI (Lettace, carrot, cucumber, tamato+ 1/2 egg )	\$4.80
SUPER (mini & pineapple, cheese & 1 egg)	\$5.80
MEGA (super plus ham/chicken )	\$6.80
Can add: olives, gherkins, croutons	50c each

#### MONDAY: Snack attack Meal

2 Yummee drummies, hashbrown, 2 zucchini slices and a piece of fruit	\$5.80
3 Meatballs, hashbrown, 2 zucchini slices and a piece of fruit	\$5.80
<b>**ABOVE WILL BE SERVED WITH A FREE CUP OF ORANGE JUICE **</b>	

#### TUESDAY: Pick-a-pie day

*Party Pies (\$1.50 each of buy 3 for \$4.00)	\$1.50
*Sausage Rolls	\$3.80
*Mrs Macs Meat pies	\$4.30
*Canteen homemade Meat pies	\$4.80
*Potato top Beef pie	\$4.60
*Tomato Sauce/ BBQ Sauce Portions	\$0.50
*Pizza roundas	\$3.80
*Smaller meat pie	\$3.30

#### WEDNESDAY: Grilled pizza pita pocket

ONLY the daily special and Toasties will be available on this day.

Hawaiian, Meatlovers, BBQ chicken	\$5.80
Roast veggies with garlic aioli sauce (vegeterian option)	\$5.80
<b>**ABOVE WILL BE SERVED WITH A FREE CUP OF ORANGE JUICE **</b>	

#### THURSDAY: Wrap-up-day

Sweet chillie tender with roast veggies OR salad & choice of sauce	\$5.50
Crumbed Chick tender with roast vegies OR salad & choice of sauce	\$5.50
SAUCE: Sweet chillie OR BBQ OR Mayonaise	
<b>** ABOVE WILL BE SERVED WITH A FREE CUP OF ORANGE JUICE*</b>	

#### FRIDAY: Burger bonanza

*Beef burger toastie (Lettace, tomato & cheese & tom sauce)	\$ 5.50
*Chicken burger toastie (Lettace, tomato & cheese & mayo)	\$ 5.80
<b>**ABOVE WILL BE SERVED WITH A FREE CUP OF ORANGE JUICE **</b>	

We accept.....



#### RECESS-SNACKS

Snacks may vary from day to day between the following homemade items:

Muffins	Popcorn
Banana bread	Boiled eggs
Pizza slabs	Cheesy dogs
Pikelets	Hot chips
Fruit	Chicken nuggets
Ziccini slice	Jelly cups

Prices will vary between 50c - \$2.50

Come and visit our canteen to see what's available. Freshly baked food available everyday

#### I scream for ICE-CREAM

Prices vary from 40c - \$2.00



