



-EAT HEALTHY, STAY STRONG-

We want to feed you nutritionally

GOLDFIELDS BAPTIST COLLEGE CANTEEN WINTER MENU '19'



SPECIALS FOR THE WEEK

DRINKS	
MILK: 225ml Hilo	\$1.80
SIPPAH STRAWS: Chocolate, Banana, Strawberry	\$0.80
CHILLS: Banana, Choc, Strawberry, Neopolitan	\$2.80
UP & GO: (Choc + Straw + Vanilla)	\$2.20
BOTTLED WATER:	\$1.80
JUICE BOMB (100% fruit juice) Apple cola, Apple+blackcurrant Apple+Razz, Watermelon	\$2.80
CLASSIC JUICES: - 350 ml Apple&Blackcurrant	\$3.50
POPPER JUICE: - 100% fruit juice Tropical, Apple, Orange Apple & Blackcurrant	\$2.00
Golden circle: Apple+Raspberry Blackcurrant, Apple+Orange	\$1.50
Cup of milk with sippah straw	\$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	
Chicken, 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	
*EXTRAS COST 60c	each (cheese, beetroot, tomato, lettuce, cucumber, carrot)		
*EXTRAS COST 50c	each (mayo, sweet chilli, BBQ, tomato sauce)		
*ALL SANDWICHES are made on wholemeal bread.			
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 vegetarians

MINI (Lettuce, carrot, cucumber, tomato + 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

RECESS-SNACKS	
Muffins available every day	
Noodle cups available every day	
Cheesies available everyday except Wednesday	
Cheesie dogs available Wednesdays	
Snacks may vary from day to day between the following homemade items:	
scones, pancakes, popcorn, pizza slabs	
hot chips, chicken chips jelly cups, pikelets	
nachos small portion	
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

MONDAY: Something new :)

BBQ Chicken Pasta	\$5.80
Beef and Gravy Roll	\$5.80
Hambo (ham and cheese)	\$5.80
OR The meal deal: Any of above WITH a FRUIT BOX	\$6.80

TUESDAY: Pick-a-pie day

*Party Pies (\$1.50 each or 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: Pick your favourite

Chicken bites served with baked chips, gravy and mixed veges	\$5.80
Roast meat served with baked chips, gravy and mixed veges	\$5.80
Bangers served with baked chips, gravy and mixed veges	\$5.80
OR the meal deal: Any of above WITH a FRUIT BOX	\$6.80

THURSDAY: Winter warmer

Macaroni and cheese	Small	\$4.80	FULL-	\$5.80
Twista pasta bolognaise	Small	\$4.80	FULL-	\$5.80
Shepherd's pie	Small			\$4.80

FRIDAY: Burger bonanza

*Beef burger toastie (Lettuce, tomato & cheese & tom sauce)	\$ 5.50
*Chicken burger toastie (Lettuce, tomato, cheese & mayo)	\$ 5.80
OR the meal deal: Any of above WITH a FRUIT BOX	\$ 6.80

We accept.....

