**BRIGHT P-12 COLLEGE CANTEEN MENU—WINTER 2013**

**All lunches to be ordered before 9.30am please**

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**BRAIN FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SANDWICHES</strong> - All Multigrain unless specified</td>
<td></td>
</tr>
<tr>
<td>Single Ingredient: Ham, Chicken, Tuna, Lettuce, Cheese, Tomato, Vegemite, Honey, etc.</td>
<td>1.60</td>
</tr>
<tr>
<td>Extra ingredient</td>
<td>.40</td>
</tr>
<tr>
<td>Toasted, extra extra</td>
<td>.20</td>
</tr>
</tbody>
</table>

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**FROZEN STUFF**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milko's Scoopshake</td>
<td>2.70</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>1.80</td>
</tr>
<tr>
<td>Yo-gos (frozen yoghurt tubes)</td>
<td>1.00</td>
</tr>
</tbody>
</table>

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**WANDI WRAPS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>With salad (lettuce, carrot, cheese) + mayo or sauce</td>
<td>4.50</td>
</tr>
<tr>
<td>Ham</td>
<td>4.50</td>
</tr>
<tr>
<td>Chicken</td>
<td>4.50</td>
</tr>
<tr>
<td>Tuna</td>
<td>4.50</td>
</tr>
<tr>
<td>Chilli Chicken or Lemon Chicken</td>
<td>4.50</td>
</tr>
<tr>
<td>Fish</td>
<td>4.50</td>
</tr>
<tr>
<td>Salad (lettuce, carrot, cheese, beetroot, onion &amp; tomato)</td>
<td>4.50</td>
</tr>
</tbody>
</table>

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**ROCK & ROLLS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Multigrain unless specified</td>
<td></td>
</tr>
<tr>
<td>Make your own combination!</td>
<td></td>
</tr>
<tr>
<td>Single Ingredient: Ham, Chicken, Tuna, Lettuce, Cheese, Tomato, Vegemite, Honey, Banana, etc.</td>
<td>1.80</td>
</tr>
<tr>
<td>Meat &amp; salad</td>
<td>4.20</td>
</tr>
<tr>
<td>Salad: cheese, lettuce, tomato &amp; carrot</td>
<td>3.60</td>
</tr>
<tr>
<td>Buttered Roll</td>
<td>3.00</td>
</tr>
<tr>
<td>Extra ingredient</td>
<td>.90</td>
</tr>
</tbody>
</table>

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**MUNCHIES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoghurt with Spoon</td>
<td></td>
</tr>
<tr>
<td>Delites potato snacks 30g: plain, honey, soy chicken</td>
<td>1.30</td>
</tr>
<tr>
<td>Vegie Snacks</td>
<td>1.00</td>
</tr>
<tr>
<td>Ovalteens</td>
<td>.90</td>
</tr>
<tr>
<td>Popcorn</td>
<td>.90</td>
</tr>
<tr>
<td>Yummies fruit bands</td>
<td>.20</td>
</tr>
<tr>
<td>Yoghurt frogs</td>
<td>.10</td>
</tr>
</tbody>
</table>

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**FOOD STUFF**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Multigrain roll used unless ‘white’ specified</td>
<td></td>
</tr>
<tr>
<td>*Chicken or Hamburger - with lettuce, cheese, tomato, beetroot, mayo</td>
<td>4.20</td>
</tr>
<tr>
<td>*tropical - with pineapple</td>
<td></td>
</tr>
<tr>
<td>*sweet chilli - chilli sauce, cheese</td>
<td>2.00</td>
</tr>
<tr>
<td>*plain - mayo/sauce, lettuce</td>
<td>3.60</td>
</tr>
<tr>
<td>Soup of the Day</td>
<td>2.20</td>
</tr>
<tr>
<td>Soup of the Day with bread roll</td>
<td>2.70</td>
</tr>
<tr>
<td>Jaffles—baked beans or spaghetti</td>
<td>2.00</td>
</tr>
<tr>
<td>Lasagne</td>
<td>3.60</td>
</tr>
<tr>
<td>Vegetarian Fried Rice canteen-made</td>
<td>3.60</td>
</tr>
<tr>
<td>Spaghetti Bolognese</td>
<td>3.60</td>
</tr>
<tr>
<td>Nachos w corn triangles (low salt) &amp; sour cream</td>
<td>3.00</td>
</tr>
<tr>
<td>Pizza - ham &amp; pineapple or bacon</td>
<td>2.60</td>
</tr>
<tr>
<td>Chicken Popcorn: with carrot &amp; cheese sticks</td>
<td>2.50</td>
</tr>
<tr>
<td>Cup of Noodles beef or chicken</td>
<td>2.50</td>
</tr>
<tr>
<td>Juicy Corn on the Cob</td>
<td>.60</td>
</tr>
<tr>
<td>Sauces: Tomato, Sour Cream, Soy or Sweet Chilli</td>
<td>.40</td>
</tr>
</tbody>
</table>

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**HOT STUFF**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Ham</td>
<td>4.50</td>
</tr>
<tr>
<td>*extra ingredient</td>
<td>.40</td>
</tr>
<tr>
<td>Buttered Roll</td>
<td>.90</td>
</tr>
</tbody>
</table>

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**ORDER only on “FREAKY FRIDAYS”**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pie beef, chicken, steak &amp; bacon, curry</td>
<td>3.60</td>
</tr>
<tr>
<td>Paste—Vegie or Meat</td>
<td>3.60</td>
</tr>
<tr>
<td>Large Vegetarian Sausage Rolls</td>
<td>3.00</td>
</tr>
<tr>
<td>Hot Dogs</td>
<td>2.50</td>
</tr>
<tr>
<td>Sausage Roll (Lite)</td>
<td>2.50</td>
</tr>
<tr>
<td>Potato Wedges</td>
<td>1.00</td>
</tr>
<tr>
<td>Party Pie (Lite)</td>
<td>.80</td>
</tr>
</tbody>
</table>

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Please note:

- All Sausage Rolls, Party Pies, Milk, Yoghurt and Cheese used at the Canteen are LOW FAT varieties
- All “nut” products have been removed from our menu, in line with the College’s Anaphylaxis Policy.

☑️ = Healthy Choices

Parents, please encourage your children to make Healthy Choices!