

Elham's Sandwiches, Salads & Wraps*

SANDWICHES	\$5.00
SALADS	\$5.00
FULL WRAP	\$6.00
HALF WRAP	\$4.00

Cheese & salad	■
Smoked ham & salad	■
Roasted chicken & salad	■
Falafel & salad	■
Free range egg & salad	■
Tuna & salad	■
Vegemite or honey sandwich	\$3.00 ■

* All sandwiches are made with wholemeal bread unless specified white. No margarine/butter on salad sandwiches/wraps unless requested

Sushi

Full price list available at the Canteen

Hand roll	■
Maki roll	■
Sushi munch box (med & large)	■
Vietnamese rice-paper roll	■
Poke salad (small & large)	■
Chicken & rice noodle salad	■
Chicken miso noodle soup	■

Recess & Snacks

Elham's hummus with carrot sticks OR Lebanese bread	\$2.50	■
Fruit (seasonal varieties)	\$1.20	■
Low-fat yoghurt	\$1.60	■
Hard boiled free range egg	\$1.00	■
Carrot stick	\$0.10	■
Corn on the cob	\$1.20	■
Cheese stick	\$1.20	■
Box sultanas	\$0.80	■
Go! Cookie (choc chip)	\$1.30	■

Packaged popcorn	\$2.00	■
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Drinks & Iceblocks

Water	\$1.60	■
Just Juice 100% orange juice	\$1.60	■
Just Juice 100% apple & blackcurrant juice	\$1.60	■
Appeltiser sparkling 100% apple juice	\$2.50	■
Flavoured milk (strawberry or chocolate)	\$2.50	■
Full cream milk poppers	\$2.00	■
Hot chocolate	\$2.50	■
99% fruit ice blocks	\$1.20	■
<i>twisted</i> frozen yoghurt cup	\$2.60	■

Pasta, Rice & Potatoes

Available Mon, Tues, Thur & Fri

Lasagna (meat)	\$4.00	■
Macaroni & cheese	\$4.00	■
Ravioli napolitana	\$4.00	■
Hokkien noodles	\$4.00	■
Potato bake	\$4.00	■
Sweet & sour chicken on fried rice	\$4.00	■
Fried rice	\$4.00	■

Wednesday Special

Elham's Spaghetti Bolognese	\$5.00	■
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Friday Specials

Chicken goujons with vegetables	\$4.00	■
Fish fingers with vegetables	\$4.00	■
Tomato sauce	\$0.30	■
Jelly Cups	\$1.00	■



GO FOR GREEN!

These are the healthiest food choices on the menu and are good sources of nutrients whilst limiting saturated fat, sugar and salt intake



DON'T OVERDO ORANGE!

These foods have some nutritional value but generally are higher in saturated fat, sugar and salt than our healthier green items



Bourke Street Public School acknowledges the important role that nutritious food plays in the growth and development of children and is therefore committed to providing students with a variety of healthy menu options every day.

You will see on our menu that we have colour coded each food item into:

Green (■) "Everyday Items" - these are the healthier food choices on the menu and are good sources of nutrients and limit saturated fat, sugar and salt intake

Orange (■) "Occasional Items" - whilst these foods have some nutritional value they are less healthy than our green options as they are often processed foods with higher levels of saturated fat, salt and sugar per serve.

These classifications have been independently assessed by the Healthy Kids Association (www.healthy-kids.com.au)

At Bourke Street Public School we encourage students to "Go for Green"!

Elham and the P&C thank you for supporting Bourke Street Public School's canteen.

HOW TO ORDER YOUR LUNCH

The canteen is open from 8:30am to 9:00am every morning where lunch orders can be placed directly with Elham.

Please note that all orders for Sushi must be placed at the canteen ONE DAY IN ADVANCE. Unfortunately our supplier cannot accommodate same-day orders for these items.

Bourke Street Public School Canteen Menu

