

BURWOOD GIRLS HIGH SCHOOL CANTEEN MENU 2009

Food Coding
G- Green fill the menu
A- Amber select carefully
R- Red only occasionally

BREAKFAST

Toast – jam or honey (A)	2.00
Raisin toast (A)	2.20
Cereal & milk (G)	2.50
Rice pudding (G)	2.50
Low fat yoghurt (G)	2.00
Fresh fruit salad	2.00
Fresh fruit salad & yoghurt (G)	2.50
Bacon & egg roll (A)	3.50
Smoothies – fresh strawberry or banana (G)	3.00
Up & Go (A)	2.20

JAFFLES

Cheese (G)	2.50
Cheese & tomato (G)	2.70
Tomato (G)	2.30

SNACKS 'N' THINGS

Garlic or Herb bread (A)	1.50
Honey soya Wingettes (A)	2.50
Jelly & custard (A)	2.00
Fresh seasonal fruit (G)	0.80+
Fresh fruit salad (G)	2.50
Low fat ice-cream & ice-blocks	0.80+
Low fat muffins (A)	3.00
Low fat banana bread (A)	2.80
Chips	1.50
Ovaltines	1.50
Cookies	1.50

SUSHI

Tuna (G)	3.00
Chicken Teriyaki (G)	3.00
Vegetarian (G)	3.00
Crab, avocado & cucumber sushi (G)	3.00
Vietnamese rice paper roll (G)	3.00

SALAD BOXES

Garden salad (G)	3.50
Roast chicken salad (G)	4.00
Tuna salad (G)	4.00
Tuna pasta salad (G)	4.00
Chicken avocado pasta salad (G)	4.50
Caesar salad (G)	4.00
Tabouli salad (G)	3.50
Potato salad (A)	3.50
Greek salad (A)	4.00

SANDWICHES (G)

(white/wholemeal/multigrain)	
Vegemite (G)	2.00
Egg & lettuce (G)	2.40
Curried egg (G)	2.20
Turkey cheese & cranberry (G)	3.00
Tasty cheese & salad (G)	3.00
Tasty cheese (G)	2.20
Tasty cheese & tomato (G)	2.50
Lean roast chicken (G)	2.60
Lean roast chicken, lettuce & mayo (G)	3.00
Tuna or Salmon (G)	2.60
Tuna & salad (G)	3.50
Chicken & salad (G)	3.50
Salad (G)	3.00
Lean lite ham, tomato & cheese (G)	3.00

HOT FOODS

Home-made soup (G)	3.00
Soup cups (A)	2.50
Low-fat cheesy hotdog (A)	3.00
Chicken corn roll (A)	2.00
Low fat beef pie (A)	3.00
Low fat shepherds pie (A)	3.40
Sausage roll (A)	2.70
Vegetable pastie (A)	2.80
Low fat steak pie (A)	3.40
Spinach & ricotta roll (A)	2.80
Home-made pizza: cheese, chicken or vegetarian (A)	3.50
Chicken snitzel roll with lettuce & mayo (A)	4.20
Gourmet beef burger (A)	4.00
Lean chicken burger (A)	3.80
Hot potato with cheese & salsa (A)	3.50
Lasagna or Vegetarian Lasagna (G)	4.00
Pasta Bolognese	4.00
Fried Rice (A)	3.00
Satay chicken & rice (A)	4.00
Curried chicken & rice (A)	4.00
Butter chicken & rice (A)	4.00
Creamy chicken fettuccine (A)	4.00
Nachos (A)	4.00
Wedges (sour cream & sweet chilli sauce) (A)	3.00

TURKISH BREADS

Vegetarian – eggplant, sundried tomatoes, capsicum & cheese (A)	4.80
Chicken – avocado, chicken, sundried tomatoes & cheese (A)	4.80
Mediterranean – pesto, olives, capsicum & fetta cheese (A)	4.80
Turkey – roast turkey, cranberry sauce & swiss cheese (A)	4.60
Chicken snitzel – chicken snitzel, roast capsicums, pesto & cheese (A)	5.00

DRINKS

Plain milk 300mL (G)	1.10
600mL	1.50
Flavoured milk 300mL (G)	2.00
600mL	3.00
Mt Franklin water	1.80
Soft drink cans (A)	1.50
Soft drink & Deep Spring bottles (A)	3.00
Powerade sports water (A)	3.00
Milkshakes: chocolate, strawberry, caramel (A)	3.00
Slushies: 100% juice (A)	2.00
100% popper (G)	1.50
Vitamin water	3.50

HOT DRINKS

Coffee (A)	2.50
Tea (A)	2.00
Hot chocolate (G)	2.00

EXTRAS

Mayonnaise (A)	0.20
Rolls (G)	0.60
Wraps (G)	0.60
Turkish bread (G)	1.00
Sauce portions	0.20
Plastic spoon/fork	0.10