

# Canteen Menu – Term 3



## Breakfast

Breakfast Meal Deals:	
Brekky Burrito, hash brown, sml water/ milk	\$6.00
Ham & Cheese Wrap, toasted hash brown, popper	\$5.00
Toasted Wraps:	
<b>Brekky Burrito</b> – bacon, egg, cheese baked in a tortilla	\$3.50
<b>Veggie Delight Wrap</b> – egg, baby spinach, grilled capsicum, cheese, tomato, avocado, aioli	\$4.50
<b>Ham &amp; Pineapple Wrap</b>	\$4.00
<b>Chicken &amp; Cheese</b> , baby spinach, grilled capsicum, tomato, aioli Breakfast	\$5.00
<b>PBC McMuffin</b> – bacon, egg, cheese, BBQ sauce	\$4.00
Hash brown	\$1.00
Fresh fruit salad	\$2.50
Banana bread full	\$3.00
Fruit muffins	\$2.00
Pancakes with maple syrup (Wed/Thu only)	\$2.00

## Daily Specials

### Monday

<b>Chicken parmy burger</b>	\$5.50
Chicken schnitzel topped with marinara sauce & cheese	
<b>Lamb kofta wrap</b>	\$5.00
<b>Falafel wrap</b> -	\$5.00
Lettuce, cucumber, tomato, tzatziki sauce toasted tortilla wrap	

### Tuesday

<b>Pasta Carbonara</b>	\$5.50
<b>Spinach &amp; Cheese Connelloni</b>	\$5.50
<b>Hawaiian chicken Burger</b> – chicken patty, grilled pineapple, lettuce, tomato, cheese, mayo	\$5.50

### Wednesday

<b>Ramen noodle stir fry</b>	\$5.50
Beef, Chicken, Veggie	
Carrot, capsicum, onion, zucchini and with special stir fry sauce	

### Thursday

<b>Chicken Burrito bowl</b>	\$5.50
<b>Vegan Burrito bowl</b>	\$5.50
<b>Enchilada</b>	\$5.50
Comes with sour cream	

### Friday

<b>Quesadilla</b>	
Chicken, beef or spinach & cheese	\$5.50
<b>Nacho beef, chicken, bean</b> (Sml/Lg)	\$4.00 / \$5.50
Comes with sour cream	

## Lunch

<b>Herb &amp; Garlic Focaccia</b>	\$5.50
<b>Roasted Veggie</b> – baby spinach, roasted capsicum, onion, roasted pumpkin, sweet potato, zucchini, pesto	
<b>Chicken, Avocado &amp; Cheese</b> with Aioli	
<b>Chicken Pesto &amp; Cheese</b>	
<b>Salad Bowls</b>	
<b>Chicken Caesar</b> - chicken, egg, bacon, Parmesan cheese, lettuce	\$5.50
<b>Wombok Salad</b> – Chinese cabbage, spring onion, cucumber with a creamy sesame dressing	\$5.00
<b>Sushi</b>	
Chicken / tuna / avocado (Sml/Twin)	\$3.00/\$5.00
Rice paper rolls	
Chicken / Avocado	\$5.00
<b>Poke Bowls</b> (Wed/Thu only)	
Chicken, Tuna, Avocado	\$5.00
Rice, carrot, cucumber, edamame, nori, mayo	
<b>Sandwiches</b>	
Ham, cheese and tomato	\$4.50
Cheese & tomato	\$4.00
Ham & cheese	\$4.20
Egg & lettuce, mayo	\$4.50
Cheese & Salad	\$4.50
Chicken, baby spinach, mayo	\$5.00
<b>Wraps</b>	
<b>Snack Wrap</b> – chicken, tomato, lettuce, mayo in a tortilla wrap	\$4.50
<b>Mediterranean Roasted Vegan Wrap</b> – sweet potato, roasted pumpkin, zucchini, caramelised onion, grilled capsicum, baby spinach, vegan mayo	\$5.50
<b>Chicken Caesar Wrap</b> – chicken, egg, bacon, parmesan, cheese, lettuce	\$5.50

## Hot Drinks

Flat white / Cappuccino / Latte (Reg/Lg)	\$3.50 / \$4.50
Extras:	
Syrups (vanilla, Caramel)	\$0.50
Extra Shot or Soy/ Almond / Lactose Free Milk	\$0.50
Hot chocolate / Chai Latte (Reg/Lg)	\$3.50 / \$4.50
Iced coffee (Reg/Lg)	\$3.50 / \$4.50
Hot chocolate (students \$2.50)	\$4.50



## Everyday Hot Food

Low Fat Meat Pie	\$4.00
Kool Skool Sausage Roll	\$3.00
Kool Skool Beef & Potato Pie	\$4.00
Cheese & Spinach Roll	\$4.00
Chicken Goujon	\$2.00
Potato gems	\$3.00
Chilli Chicken Strip	\$1.50
Hot dogs	\$3.00
<b>Fuel Pie</b> (Thu only)	\$6.50
<b>Fuel Sausage roll</b> (Thu only)	\$4.00

## Homemade

Penne Pasta Bake (Sml/Lg)	\$3.00 / \$4.50
Special Fried Rice	\$3.00
Chicken Pesto Pasta (Sml/Lg)	\$3.50 / \$5.50

## Burgers

<b>Cheese Burger</b> – beef, cheese, BBQ sauce	\$4.50
<b>Flame Grilled Burger</b> – chicken, lettuce, tomato, secret sauce	\$5.00
<b>PBC MAC</b> - beef, tomato, lettuce, secret sauce	\$5.00

## Cold Drinks

Milk 300ml (Chocolate, Strawberry, Iced Coffee)	\$2.50
Milk Full Cream 500ml	\$3.00
Milk 500ml (Real Chocolate)	\$4.00
Up&Go (Chocolate, Banana, Vanilla)	\$3.00
Nutrient Water (4 flavours)	\$4.00
Water (600ml / 1L)	\$2.00 / \$3.00
Bundaberg Juice (Orange, Apple, ABC) (Sml/ Lg)	\$2.00 / \$3.80
Glee (3 flavours)	\$2.50
G Active	\$4.00
Poppers - 100% juice	\$2.00
Slushi - 99.9% fruit juice	\$2.00

## Snacks

Protein balls	\$2.00
Cheese & Crackers	\$2.50
Fresh fruit salad tub	\$2.50
Watermelon tub	\$2.50
Whole Fruit – Apple, Orange, Banana (each)	\$1.00
Boiled Egg	\$2.00
Vanilla yogurt fruit & granola	\$2.50
<b>Trail mix</b> - Nuts, pepitas seeds, dried apricots, banana chips, sultanas	\$2.00
Chocolate chip cookies (baked goods)	\$1.00
Mousse	\$2.00
Fruit & Jelly	\$1.00
Chips (Honey soy/ sea salt)	\$1.50
<b>Ice Blocks</b>	
Twisted frozen – dairy free / gluten free	\$2.50
Watermelon & Mango or Strawberry & Cream <i>(Dairy free, nut free, gluten free)</i>	
Paddle pop- Rainbow, chocolate	\$1.70
Frozen fruit cups	\$1.00
Icey twist	\$1.50
Calippo	\$1.00



## About the PBC Canteen:

The canteen provides a service for students and staff during school hours. Payment can be made by cash or EFTPOS.

8:00-9:00am – Breakfast

11:35am-12:15pm – Lunch 1

1:25-1:55pm – Lunch 2

8:00am- 1:55pm for Staff

Our menu provides a wide range of healthy options. We cater for vegan, vegetarian, dairy free and gluten free lunches for the students. We understand that a healthy diet is important for growing bodies and minds. Our menus provide an emphasis on fresh and healthy food with plenty of variety

The PBC Canteen always supports local suppliers where we can.