

# **PBC Canteen**





## **Breakfast from 8-9am**

<b>Brekky Burrito</b> Bacon, egg, cheese, BBQ sauce, toasted	\$3.50
<b>Veggie Delight Pocket (V)</b> scramble egg, baby spinach, cheese, tomato & aioli	\$4.50
<b>BLT Turkish</b> Bacon, baby spinach, tomato & aioli toasted	\$5.50
<b>Sausage &amp; Egg Muffin</b> Sausage, egg, cheese, BBQ sauce Muffin	<b>\$3.50</b> e,
<b>Veggie Bagel (V)</b> Egg, mushroom, baby spinach, te & hollandaise	<b>\$5.00</b> omato
Egg & Bacon Toastie	\$3.50
Ham & Cheese Toastie	\$2.00
Cheese & Tomato Toastie	\$2.00
Fresh fruit salad	\$3.00
Banana bread full	\$3.00
Fruit muffins	\$2.00
Vanilla yogurt fruit & granola	\$3.50



Salads	
Chicken Caesar	\$6.00
Chicken, egg, bacon, Parmesan	
cheese, lettuce	
Chicken Peri Peri Salad	\$5.50
Chicken, lettuce, tomato, carrot,	
cheese, cucumber topped with	
Peri Peri mayo	
Sweet Chilli Chicken Tub	\$5.50
Lettuce, tomato cucumber, carro	ot,
red onion, with sweet chilli dress	sing
Roast Veggie Salad (GF) (V)	\$5.50
Baby spinach Pumpkin, red caps	icum,
onion, zucchini, sweet potato, w	ith
balsamic glaze	



# Weekly Specials

<b>Monday</b> <b>BBQ Pork Rib Sub</b> Pork Rib on a bun with cheese & BBQ sauce	\$5.50
<b>Bangers &amp; Mash</b> Sausage, peas, carrot & creamy mash potato with gravy	\$5.50
<b>Tuesday</b> <b>Enchiladas</b> *Chicken *Beef *Bean	\$5.50
<b>Poke bowl (GF)</b> *Karrage chicken *Tuna *Avo, Rice, nori, pickled ginger, cucum	<b>\$5.50</b> ber
Wednesday Chicken stir fry noodle	\$5.50
Beef Stir fry noodle Thursday Steamed Boa Bun *Pork *, Karaage Chicken	\$5.50 \$5.50
Friday Pizza	\$5.00

\* Ham & Cheese \* BBQ Chicken \* Meat lovers \*Roasted Veggie



## **Everyday Hot Food**

Lveryday Hot Fo	u
Meat pie – low fat	\$4.00
Sausage Roll - low fat	\$3.00
Chicken & mayo roll	\$5.00
Meatball sub	\$5.00
Chicken Parmy Roll	\$5.00
Noodle cup – chicken or	beef <b>\$3.00</b>
Hotdog	\$3.00
Hotdog with cheese	\$3.50
Penne pasta bake (Sml/L	g)
	\$3.00/\$4.50
Mac & Cheese (Sml/Lg)	\$3.50/\$4.50
Creamy chicken pesto pa	asta (Sml/Lg) <b>\$3.50/\$5.50</b>





#### Sandwiches & Wraps (Made Fresh Daily)

Ham& cheese	\$4.00
Cheese & salad	\$5.00
Ham, cheese & tomato	\$4.50
Chicken, lettuce & mayo	\$5.00
Egg, lettuce & mayo	\$4.50
Curried egg	\$4.00
Chicken & mayo	\$4.50
Chicken, baby spinach, mayo	\$5.00
Snack Wrap	\$4.50
chicken, tomato, lettuce, mayo	
Chicken Caesar Wrap	\$6.00
Chicken, lettuce, bacon, parmesa	in
cheese, egg and Caesar dressing	
Roasted Veggie Wrap (V) Baby spinach, pumpkin, red capsicum, red onion, zucchini, cheese with Mayo	\$5.00
<b>Focaccia (fresh or toasted)</b> Herb and Garlic Focaccia – Chicken, cheese, avocado and ai	<b>\$5.50</b> oli
<b>Herb and Garlic Focaccia</b> Chicken, pesto, baby spinach, cheese	\$5.50
Vegan Focaccia (V) Roasted vegetable, vegan mayo, vegan cheese	\$5.50
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#### Sushi Chicken / tuna / avocado (Sml/Twin) \$3.50/\$5.50



# **PBC Canteen**





#### **Burgers**

Burgers	
Cheese Burger	\$4.50
beef, cheese, BBQ sauce	
Chicken Burger	\$5.00
chicken, lettuce & mayo	
Sweet Chilli Chicken Burger	\$5.50
chilli chicken tender, tomato,	
lettuce, cheese with sweet chilli	
sauce	
PBC Mac	\$5.50
beef, tomato, cheese, lettuce ar	nd PBC
secret sauce	
Vegan Burger	\$5.50
Vegan pattie, tomato, lettuce,	
vegan cheese (only Friday)	



#### **Snacks**

Cheese & Crackers	\$2.50
Fresh fruit salad tub	\$3.00
Whole Fruit – Apple, Orange, E (each)	Banana <b>\$1.00</b>
2 x Boiled Eggs	\$3.00
Vanilla yogurt, fruit & granol	a
	\$3.50
Assorted muffins baked daily	\$2.00

# <mark>-</mark> -

# Ice blocks

Twisted frozen yoghurt	\$3.00
(Dairy free / gluten free/ Nut free Watermelon & Mango or Straw	-
Billabong - Rainbow, Chocolat	e <b>\$2.00</b>
Icey Pole- Lemonade or Raz	\$1.50
Calippo	\$1.00
Frozen fruit cup	\$1.00



#### Hot Drinks

Flat white/Cappuccine	o/Latte
(Reg/Lg)	\$3.50/\$4.50
Extras- Syrups	
(vanilla, Caramel)	\$0.50
Extra Shot or Soy/ Alm	nond /
Lactose Free Milk	\$0.50
Hot chocolate	\$3.00
Chai Latte (Reg/Lg)	\$4.00/\$4.50



#### Drinks

Milk 300ml (Chocolate,	
Strawberry, Iced Coffee)	\$2.50
Milk Full Cream 500ml	\$3.00
Milk 500ml (Real Chocola	te) <b>\$3.80</b>
Nutrient Water (2 flavour	rs) <b>\$4.00</b>
Water (600ml / 1L)	\$2.00/\$3.00
Bundaberg Juice (Orange	е,
Apple, ABC, Pineapple)	\$3.80
Emma & Tom Smoothie	
& Pressed Juice	\$3.80

## **Canteen hours** Breakfast 8.00am to 9.00am

<u>Lunch 1</u> 11.35am to 12.15pm

<u>Lunch 2</u> 1.25pm to 1.55pm

For Staff 8.00am to 1.55pm

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



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