BELLISSIMO
CANTEEN SERVICES

SCHOOL MENU

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

Hot Food

Bacon Roll (A)		$4.50
Bacon Egg Roll or Wrap (A)		$5.00
Toasted Flat Wraps (G)	Cheese	$3.80
	Ham & cheese	$4.00
	Ham, cheese & tomato	$4.50

Healthy Beginnings

Fresh Fruit Salad (G) (GF)	Seasonal Fruit & Yoghurt	$5.50
Yoghurt (G) (GF)		$4.50
Yoghurt & Muesli (G) (GF)		$4.80
Yoghurt & Berries (G) (GF)		$5.00
Fruit (G)	Fruit pieces available daily	$1.00
	Fresh Fruit Salad	$4.50
Cereal (G)	Assorted Cereal Cups	$3.00
Muffin (Low Fat) (A)	Chocolate, choc chip, blueberry, raspberry, apple cinnamon	$4.50
Banana Bread (A)		$4.00

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HOT MEALS (Made Fresh Daily)

PASTA

Lasagna (G)	Homemade traditional beef	$6.50
Pasta Bolognese (G)	Bolognese sauce	$6.00
Vegetarian Pasta (G)(made to order)	Char grilled vegetables in a napoletana sauce	$6.00
Fettuccine Boscaiola (A)	Mushroom, bacon with a cream sauce	$6.00
Mac n Cheese (A)	Homemade macaroni pasta with a cheese sauce	$5.50
Fried Rice (G)		$5.50
Butter Chicken (A)	With rice	$6.00
Flat Wrap (A)	With chicken & avocado	$5.00

VALUE PACKS

Schnitzel Pack	Chicken schnitzel, tabouli, hommus dip, and Lebanese bread	$7.00
Falafel Pack	Falafel, tabouli, red cabbage, hommus and Lebanese bread	$7.00

PASTRIES

Beef Pie (A)	$4.50
Sausage Rolls (A)	$4.50
Spinach & Ricotta Roll (A)	$4.80
Shepherd's Pie (A)	$4.80

ITALIAN PIZZA BAR

Margarita (G)	Cheese & Tomato	$4.50
Vegetarian (G)	Olives, eggplant & roast capsicum	$4.80
Hawaiian (G)	Ham & Pineapple	$4.80

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BURGER BAR

Chicken Caesar Burger (A)	Grilled chicken, Caesar dressing, bacon, crouton & cos lettuce	$6.00
Chicken Burger (A)	Chicken schnitzel, lettuce & mayo	$5.50
Sweet Chilli Chicken Burger (A)	Chicken schnitzel, sweet chilli sauce, lettuce & mayo	$5.80
Cheeseburger (A)	Fresh beef pattie, cheese & tomato sauce	$5.50

SANDWICHES

Cheese Tomato (G)	Cheese & tomato	$4.50
Smoked Ham (G)	Cheese & tomato	$5.00
Egg (G)	Mayo & lettuce	$4.50
Breads(G)	White, wholemeal or multigrain	
	Wrap	$1.00
	Turkish/Focaccia	$1.00

FOCCACIA BREADS

Chicken Caesar (A)	Chicken, croutons, bacon, cheese & Caesar dressing	$4.00(small) $6.00 (large)
Chicken Schnitzel (A)	Chicken schnitzel, tomato, lettuce & cheese	$4.00(small) $6.00 (large)
Chicken Schnitzel & Tabouli (A)	Chicken schnitzel, tabouli & hommus	$4.00(small) $6.00 (large
Ham (A)	Smoked ham, tomato, lettuce & cheese	$4.00(small) $6.00 (large
Falafel (A)	Falafel, tabouli & hommus	$4.00(small) $6.00 (large

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SALADS

Greek Salad (G) (GF)	Tomato, cucumber, onion, capsicum, olives and feta	Small $4.50 Large $6.00
Garden Salad (GF)	Mescalin lettuce, cherry tomatoes, cucumber, carrot, capsicum & sprouts	Small $4.50 Large $6.00 Add chicken extra $1.00
Chicken Caesar (G)	Cos lettuce, Caesar dressing, bacon and croutons	Small $4.50 Large $6.00
Mixed Beans (G) (GF)	Mixed beans, cucumber, capsicum and Spanish onion with dressing	Small $4.50 Large $6.00
Tabouli Salad (G)	Parsley, tomato, wheat germ & dressing	Small $4.50 Large $6.00
Thai Noodle Salad (G)	Thai noodles, red cabbage, carrot, capsicum, bean sprouts & baby spinach with dressing	Small $4.50 Large $6.00

COLD DRINKS

Juice 500ml (A)	Orange & apple	$4.50
Water (G)	Spring water	$2.50
Milks – Low Fat (G)		
300ml (G)	Chocolate, strawberry and iced coffee	$3.00
500ml (G)	Chocolate and strawberry	$4.50
Fruit Juice Slushie (A)	Assorted Flavours	$2.00

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