

DAILY SPECIALS

Monday ~ Spaghetti bolognese E ~ \$ 6.00

(Homemade spaghetti served with bolognese sauce made from lean minced meat, succulent tomatoes and herbs to taste served with garlic bread)

Tuesday ~ Chicken Fried Rice E ~ \$ 6.00

(A delicious Asian inspired dish packed with flavour. Delicious sweet soy marinated chicken fried rice with vegetable)

Wednesday ~ Chicken Kebab E ~ \$ 6.00

(Marinated chicken pieces served with garlic bread, corn cob and juice)

Thursday ~ Kebeh with Tabouli E ~ \$ 6.50

(Lean minced meat and crushed wheat patties served with a tub of tabouli)

Friday ~ Beef Lasagna E ~ \$ 6.00

(Lean beef cooked into a tomato sauce and then baked in between layers of pasta sheets and topped w/ low fat shredded cheese served with garlic bread)

Bankstown North Public School Canteen Menu



Sandwiches

Honey, Jam or Vegemite	\$2.00	E
Cheese	\$2.50	E
Cheese w/ tomato	\$3.00	E
Leg Ham with tomato	\$3.50	O
Leg Ham with Cheese	\$3.50	O
Egg, lite mayo and lettuce	\$3.50	E
Egg, salad sandwich	\$4.00	E
Tuna, lite mayo and lettuce	\$3.50	E
Tuna salad sandwich	\$4.00	E
Chicken, lite mayo and lettuce	\$4.00	E
Chicken, salad sand	\$4.50	E
Salad w/ cheese	\$4.00	E



Hot Food

Vegetable fried rice	\$4.00	E
Baked chicken breast nuggets	\$4.00	O
Macaroni cheese	\$4.50	E
Noodle cup	\$3.00	O
Baked chicken fillet burger	\$4.50	E
Fish fingers w/ sauce	\$4.00	O
Fish burger	\$4.00	O
Beef Hotdog w/ sauce	\$3.50	O
Vegetable spring roll	\$4.00	O
Vegetable stir fry noodles	\$4.50	E

Please note that tomato sauce portion costs 0.50 cents

**All food is grilled and oven baked.
Also HALAL meat**

Wraps

Cheese salad wrap (tomato, cucumber, lettuce, beetroot and carrot)	\$4.50	E
Vegetable tortilla wrap (tomato, cucumber, carrot, lettuce, cheese)	\$5.00	E
Hummus and vegetable wrap (tomato, cucumber, carrot, lettuce)	\$4.50	E
Falafel wrap (tomato, cucumber lettuce and tahini)	\$4.50	E
Chicken wrap (lettuce and lite mayo)	\$4.50	E
Chicken wrap (salad and lite mayo)	\$5.00	E
Chicken schnitzel wrap (lettuce and lite mayo)	\$5.50	E
Chicken schnitzel wrap (salad and lite mayo)	\$6.00	E
Leg ham with cheese wrap (lettuce and tomato)	\$5.00	O
Egg wrap (lettuce and lite mayo)	\$4.00	E
Tuna wrap (lettuce and lite mayo)	\$4.00	E



Fresh Salad Box

Green salad (tomato, cucumber, lettuce, carrot, french dressing)	\$4.50	E
Tabouleh (parsley, tomato, onion, lemon, crushed wheat) (THURSDAY ONLY)	\$4.50	E
Chicken salad (tomato, cucumber, lettuce, carrot, french dressing)	\$5.50	E
Egg salad (tomato, cucumber, lettuce, carrot, french dressing)	\$5.00	E
Tuna salad (tomato, cucumber, lettuce, carrot, french dressing)	\$5.00	E
Greek salad (feta cheese, olive, lett, tom, cucum, carrot, onion, dressing)	\$5.50	E

As per NSW Healthy Canteen, $\frac{3}{4}$ of menu is everyday foods and $\frac{1}{4}$ is occasional foods.



**E – Everyday foods
O – Occasional foods**

Our food is freshly prepared daily on premises.



Snacks

Plain popcorn	\$1.00	O
Corntos chips	\$1.00	O
Fruit salad	\$3.00	E
Light Custard cups	\$1.00	O
Seasonal fruits	\$1.50	E
Mini pie	\$1.00	O
Hashbrown	\$1.00	O
Carrot sticks w/ hummus	\$1.00	E
Cucumber sticks w/ hummus	\$1.00	E
Corn cobs	0.50c	E
Light vanilla muffins	0.50c	O
Corn kernel cup	\$1.00	E
Fruit skewers	\$1.00	E
Orange wedges	\$1.00	E

Drinks



Plain water (Big)	\$2.00	E
Plain water (small)	\$1.00	E
Light Oak Milk (chocolate, strawberry)	\$2.50	E
99% Juice (Apple/Orange)	\$1.50	E

Frozen Treats (summer only)

99% Fruit Slurpee	\$2.00	E
Ice blocks	\$1.00	O