



SACRED HEART SCHOOL BOGGABRI FRIDAY GREAT CHOICE CANTEEN MENU 2020

<u>HOT FOOD</u>	<u>SALADS</u>	<u>DRINKS</u>
<p>Flamed Grilled Chicken Breast Burger (90g) INGHAM *pattie, lettuce, tomato, cheese and carrot - \$5.50</p> <p>ALLIED CHEFS Spaghetti Bolognese (200g) - \$4.00</p> <p>Snack Beef Mince Pie (85g) VILLAGE Lifestyle Lite - \$2.00</p> <p>Beef Mince Pie (160g) VILLAGE Lifestyle Lite - \$4.00</p> <p>INGHAM Chicken Goujons (Limit 6) - .80</p> <p>INGHAM Chicken Tenders (Limit 4) - \$1.50</p> <p>2 Chicken Tenders + Salad Bowl - \$5.00</p> <p>Hot Dog - \$2.50</p> <p>Choices of sauces - mayo, sweet chilli, tomato and BBQ</p>	<p>Salad Bowl - Ham or Chicken Breast *tomato, lettuce, carrot, cheese - \$4.50</p> <p>Salad Sandwich - Chicken Breast/Ham *tomato, lettuce, carrot, cheese - \$4.00</p> <p>Sandwiches (wholemeal bread) - Toasted or plain (please specify)</p> <p>Chicken Breast or Ham Sandwich *Cheese & Tomato - \$3.70</p> <p>Chicken Breast or Ham Sandwich *Cheese - \$3.40</p> <p>Chicken Breast or Ham Sandwich - \$3.00</p> <p>Cheese - \$2.80</p>	<p>FARMDALE Moo Box Flavoured Milk (200mL) Chocolate or Strawberry Milk - \$1.60</p> <p>WESTCLIFT Fruit Juice 99% 5 Star Apple or Orange (250mL) - \$1.80</p> <p>Lg water - (bottled) \$2.00</p> <p><u>DESSERTS</u></p> <p>Icy Tubes (70mL) .50</p> <p>BULLA 98% Fat Free Light Vanilla Ice Cream Tub (100g) - \$1.50</p> <p>TWISTED Frozen Yoghurt Cup 97% Fat Free/Gluten Free (90g) - \$2.00 (Various Flavours)</p> <p><u>CONFECTIONARY</u></p> <p>Small pk Chips (25g) - .50</p>

GREEN - OFTEN

AMBER - OCCASIONALLY

RED - TWICE A TERM