

Balgowlah North Canteen Menu – Term 3, 2022

Green items = Everyday

Grey items = Occasional

Breakfast (served over the counter) available all day				
Pancakes				\$2.00
½ Slice of Banana Bread				\$2.00
Homemade Fruit Muffin				\$2.80
Yoghurt	(V)	\$2.20	with Muesli or Berries	\$2.80
Fruit Salad	(VEGAN)	\$3.00	with Yoghurt (V)	\$3.50
Up & Go Breakfast Drink – Vanilla or Chocolate				\$3.50
Hot Chocolate				\$2.00
Fresh / Frozen Fruit				
Apple, Mandarin or Pear (Bananas when available)	(V)			\$1.20
Frozen Orange Wedge	(V)			20c
Frozen Pineapple Ring	(V)			50c
Frozen Watermelon Wedge	(V)			50c
Snacks				
Bread Stick				20c
ANZAC Biscuit				80c
Homemade Bliss Ball	(VEGAN)			80c
Homemade Trail Mix	(VEGAN)			\$1.50
Muesli Bar				\$1.80
Garlic Bread				\$1.80
Seaweed Pack	(V)			\$1.80
Popcorn	(V)			\$1.80
Crackers & Cheese				\$2.20
Crispy Fruits - Freeze dried Strawberry, Apple or Mango				\$2.00
Grain Waves				\$2.00
Drinks				
Water		350ml	\$1.50	600ml \$2.00
Juice popper – Orange, Apple or Apple & Blackcurrant				\$1.80
Plain Milk 300ml	\$1.80		Flavoured Milk 300ml – Strawberry or Chocolate	\$2.80
Glee – Raspberry or Tropical				\$2.80
Frozen Snacks				
Qulech Stick				\$1.00
Moosie - Chocolate or Blue Moon				\$2.00
Twisted Frozen Yoghurt				\$3.00

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Hot Homemade Food			
Pasta and Rice Dishes			
<i>Penne Bolognese w/w'out Cheese (GF add 50c), Butter Chicken, Tuna Macaroni with a cheddar crumb, Lasagne, Lemongrass Chicken, Spaghetti w/Meatballs or Vegan Soft Shell Taco</i>			\$6.00
Grilled Meatball Sub stuffed with Cheese and Napolitano Sauce			\$5.00
Sausage Roll - 3.5 star health rated (not homemade)	\$4.70	Tom. Sauce	+30c
Pie – Chicken & Leek or Chunky Beef & Veg	Small \$4.20	Large \$5.80	Tom. Sauce +30c
Salads & Bowls			
Caesar Salad (GF option Available)	\$6.00	add chicken	+50c
Chicken, Bacon and Avocado Salad with Spinach and Pepitas			\$6.00
Tofu Poke Bowl GF Soy marinated Tofu, Cucumber, Edamame Beans +Avocado		(VEGAN, GF)	\$6.00
Greek Salad with Fetta and Olives		(V, GF)	\$5.50
Garden Salad and Italian dressing		(VEGAN)	\$5.00
Falafel Bowl w/ Homemade Homous, Cucumber, Baby Spinach + Fresh Tomato		(VEGAN)	\$6.00
Soups & Light Meals			
Chicken Noodle Soup or Soup of the Day (Pumpkin for Term 4)			\$4.80
Mini Crudit�, Fresh cut Vege Sticks & Homemade Dips		(GF)(VEGAN)	\$3.00
Mini Mezze: Homemade Falafel, Rice Crackers, Dip and Fresh Vegies		(GF)(VEGAN)	\$4.00
Hefty Mezze: Falafel, Rice Crackers, Dip, Fresh Vegies, Ham & Two Cheeses		(GF)	\$5.00
Anytime Snack Box: Yoghurt, Muesli, Grapes, Cheese, Crackers & Crudit�		(V)	\$4.70
Toasties – Wholemeal bread			
Cheese			\$3.90
Vegemite & Cheese			\$4.20
Ham & Cheese or Tomato & Cheese			\$4.40
Ham, Tomato & Cheese			\$4.90
Sandwiches – Wholemeal bread – Various options starting at \$3.00			
Cheese or Ham or Vegemite or Tomato			\$3.90
Cheese & Tomato or Ham & Cheese		(V)	\$4.40
Ham, Cheese & Tomato			\$4.90
Salad (tomato, lettuce, cucumber, carrot and beetroot) (V)	\$4.90	Add protein	+/ 50c
Egg, Lettuce and Mayonnaise or Tuna Lettuce and Mayonnaise			\$4.50
Chicken & Avocado			\$5.40
Sub Roll – Chicken, Lettuce & Mayonnaise or Falafel, Homous and lettuce (V)			\$5.00
	Gluten Free bread add	+/ \$1.20	Wrap add +/ \$1.00
Weekly Specials – Subject to change – FRIDAY only – BURGERS or NACHOS			
Vegetarian OR Beef Burger with tomato, lettuce, cucumber & cheese			\$6.00
Chicken Burger with Cheese, lettuce and Mayonnaise			