

BEACH BITES CAFÉ

82% Green

PRICES SUBJECT TO CHANGE

CUT LUNCH			MEAL DEAL - \$6.00	
Wholemeal bread is used. Gluten free option is available.			Choose ONE from each section – main, stix and drink	
	Sandwich	Wrap	MAIN	Bacon Blitz Pizza
Vegemite	\$2.00	\$2.50		Pineapple Paradise Pizza
Salad*	\$2.80	\$3.30		Vegetarian Pizza
Cheese & Salad	\$3.10	\$3.60		
Tuna & Salad	\$3.30	\$3.80		STIX
Ham & Salad	\$3.40	\$3.90		Pineapple Ring
Chicken & Salad	\$3.50	\$4.00	Apple Wedges	
				Vegie Stix & Dip (GF)
			DRINKS	Flavoured Milk
Toasted				Plain Milk
Cheese	\$3.00			Water
Ham (GF)	\$3.20			
Tuna & Cheese	\$3.30			
Ham & Cheese (GF)	\$3.50			
Chicken & Cheese	\$3.60			
Add				
Cheese	\$0.30			
Beetroot	\$0.30			
Mayonnaise	\$0.30			
Tomato Sauce	\$0.30			
DAILY SPECIALS			THIRST QUENCHES	
MONDAY	Soup w Bread Roll	\$3.20	Water	\$1.00
	Salad Bowl w Fruit	\$3.00	Plain Milk	\$1.60
	(add nuggets OR fish & chips)	\$2.00	Flavoured Milk	\$2.30
	Butter Chicken	\$3.70	(chocolate, strawberry, banana, honeycomb)	
	Beef Bolognaise (GF avail)	\$3.70	Nudie Juice	\$2.30
WEDNESDAY	Soup w Bread Roll	\$3.20	(apple, orange, tropical)	
	Pasta Napolitana (GF & V)	\$3.70		
	Teriyaki Chicken	\$4.00		
	Nacho w Salsa (GF & V)	\$4.00		
FRIDAY	Soup w Bread Roll	\$3.20		
	Mrs Macs Sausage Roll	\$4.00		
	Mrs Macs Cruiser Beef Pie	\$4.30		
	Mrs Macs Beef Pie (GF)	\$5.30		
AFTERNOON RECESS				
Not available to Warden Block (kindy & pre-primary)				
Popcorn	\$0.50	Mini Pizza	\$1.30	
Bean Bomb w Melted Cheese	\$1.50	Choc Bombs	\$1.00	
Corn on the Cobb	\$1.00	Zucchini Muffin	\$1.00	
Apple Crumble w Granola & Custard	\$2.00	Quiche (GF avail)	\$1.50	
Chocolate Kidney Bean Muffin	\$1.00	Warm Milo	\$2.00	
Boiled Egg	\$1.00	Frozen Yoghurt with Berries	\$1.00	

We are an
Allergy
Aware

OPEN: MONDAYS, WEDNESDAYS & FRIDAYS
ALL orders via FlexiSchools website BEFORE
8:30am. www.flexischools.com.au

All volunteers receive
free lunch & unlimited
tea/coffee

Our canteen follows the 'Traffic Light System' and the Department of Education's Healthy Food and Drink Policy. Our foods are categorised in **Green**, **Amber** and **Red**. We DO NOT sell any **RED** Items. This system is an initiative to help reduce childhood obesity rates in Western Australia and our items are carefully selected to help our children stay healthy. Our Canteen cannot successfully run without YOU. If you can spare a few hours, it all helps. If you would like to be involved please contact me via email or the facebook canteen page. If you are unable to volunteer, there are other ways you can help and that is by donating items such as chux, garbage bags, glad wrap, foil, pots and pans etc. Any unwanted items will be welcomed!! Beach Bites Café is wholly run by the P&C as a service to the school community.

SAFE CHOICE

SOMETIMES

NEVER

*Salad=Lettuce, Tomato, Cucumber & Carrot

V=Vegetarian, GF=Gluten Free

Facebook-Beach Bites Café

Instagram-beach_bites_cafe