

**BEACH BITES CAFÉ**

\*PRICES SUBJECT TO CHANGE\*

<b>CUT LUNCH</b>		<b>MEAL DEAL - \$6.00</b>	
Wholemeal bread is used. Gluten free option is available.		Choose <b>ONE</b> from each section – main, stix and drink	
	<b>Sandwich</b>	<b>Wrap</b>	
Vegemite (V)	\$2.00	\$2.50	<b>MAIN</b> Bacon Blitz Pizza Pineapple Paradise Pizza Vegetarian Pizza
Salad* (V)	\$2.80	\$3.30	
Cheese & Salad (V)	\$3.10	\$3.60	
Tuna & Salad	\$3.30	\$3.80	
Ham & Salad (GF)	\$3.40	\$3.90	
Chicken & Salad	\$3.50	\$4.00	
	<b>Toasted</b>		<b>STIX</b> Pineapple Ring Apple Wedges Vegie Stix & Dip (GF)
Cheese (V)	\$3.00		
Ham (GF)	\$3.20		
			<b>DRINKS</b> Flavoured Milk Plain Milk Water
Tuna & Cheese	\$3.30		
Ham & Cheese (GF)	\$3.50		
Chicken & Cheese	\$3.60		
	<b>Add</b>		<div style="border: 1px solid blue; padding: 5px; text-align: center;"> <b>OPEN: MONDAYS, WEDNESDAYS &amp; FRIDAYS</b>  <b>ALL orders via FlexiSchools website BEFORE</b>  <b>8:30am. <a href="http://www.flexischools.com.au">www.flexischools.com.au</a></b>  <b>(online fees have been absorbed)</b> </div>
Cheese	\$0.30		
Beetroot	\$0.30		
Mayonnaise	\$0.30		
Tomato Sauce	\$0.30		
<b>AVAILABLE EVERYDAY</b>		<b>THIRST QUENCHES</b>	
Soup w Bread Roll	\$3.20	Water	\$1.00
Pasta Napolitana (V & GF avail)	\$3.50	Plain Milk	\$1.60
Nachos (V & GF)	\$4.00	Flavoured Milk (lactose free avail)	\$2.30
Beef Bolognese (GF avail)	\$4.00	(chocolate, strawberry, banana, honeycomb)	
Teriyaki Chicken	\$4.00	Nudie Juice	\$2.30
		(apple, orange, tropical)	
<b>TERM 3 SPECIAL</b>		<div style="border: 1px solid purple; padding: 5px; text-align: center;"> <b>All volunteers receive</b>  <b>free lunch &amp; unlimited</b>  <b>tea/coffee</b> </div>	
Mac & Cheese	\$4.00		
<b>AVAILABLE FRIDAYS</b>			
Mrs Macs Sausage Roll	\$4.00		
Mrs Macs Cruiser Pie	\$4.30		
Mrs Macs Beef Pie (GF)	\$5.30		



We are  
Allergy  
Aware

**AFTERNOON RECESS**

Not available to Wardan Block (kindy &amp; pre-primary)

Fruit Toast	\$0.50	Mini Pizza	\$1.30
Trail Mix	\$1.00	Zucchini Muffin	\$1.30
Apple & Cinnamon Pikelets	\$1.00	Quiche (GF avail)	\$1.50
Chocolate Kidney Bean Muffins	\$1.00	Apple Crumble	\$2.00
Boiled Egg	\$1.00	Warm Milo	\$2.00
Choc Bombs	\$1.00	Froyo (GF & LF Avail)	\$2.50

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 &amp; Carrot

V=Vegetarian, GF=Gluten Free

Facebook-Beach Bites Café : Instagram-beach\_bites\_cafe