



BOMADERRY HIGH SCHOOL P&C CANTEEN MENU

BREAKFAST MENU 08.30am - 09.00am	
Seasonal Fruit Salad:	Small - \$2.00, Large- \$3.00
Banana Bread (2 slices)	\$1.50
Toast - 2 slices wholemeal bread	\$1.00
Toppings: Butter/Vegemite/Cinnamon	
Raisin Toast - 2 slices	\$1.50
Bomo Breakie muffin tomato/cheese melt	\$1.60
Egg & Bacon Rounda	\$2.00
Hot Chocolate / Tea / Soup	\$2.00
** SENIORS AND STAFF ONLY	
Coffee, Fair Trade, Cap/Flat avail all day	\$2.50
Ski Double Up Yoghurt with Muesli	\$2.60
Bomo Yoghurt Fruit Delight	\$2.60
Fruit Smoothie	\$2.70

RECESS 1 MENU	
Seasonal Fruit Salad:	Small- \$2.00 Large- \$3.00
SANDWICHES - (fillings vary) from	\$3.00
Salad Roll	\$3.50
Leg Ham & Salad Roll	\$3.80
Chicken & Salad Roll	\$4.00
WRAP:	
Chicken, Rocket, Avocado	\$4.00
Chicken, Lettuce & Caesar Dressing	\$3.80
HOT FOOD:	
Doner Kebab (Chicken)	\$4.50
Beef Lasagna	\$2.70
Beef Ravioli	\$2.70
Pasta, Roast Veggies & Tomato Sauce	\$2.70
Garlic Bread	\$1.20

Menu Specials : WEDNESDAY & FRIDAY
Available Recess 2 & Lunch

Pre-Order Only, Selections of Items Not on Main Menu; Orders placed before the end of RECESS 1

Beef Burgers
Veggie Burgers
Special Salad Tub i.e. egg, ham, cheese,
Homemade Vegetable Lasagne
Quiche/Pizza
Sandwiches (toasted extra), Rolls & Wrap
Fillings: Avocado, Lettuce, Egg, Chicken, Salami,
Cucumber, Tomato, Onion, Beetroot, Semidried
Tomato, Wild Rocket [from \$3.00]
Wild Rocket (from \$3.00)

Students can pre-order lunch from main menu also.
Please pick up at 'Lunch Order' Window.

RECESS 2 (SHORT LUNCH) & LUNCH	
SERVING ALL RECESS 1 MENU ITEMS PLUS	
Chicken & Mayo Burger	\$4.00
Sausage Roll	\$2.70
Cheese & Spinach Roll	\$3.00
Traditional Meat Pie (sauce 20c extra)	\$2.90
Cheese & Bacon Pie	\$3.00
TOASTED TURKISH:	
Ham, Cheese , Tomato	\$3.80
Chicken, Pesto, Cheese	\$4.00
SALAD TUB:	
Garden Salad (dressing 20c extra)	\$3.50
Garden Salad with Chicken & Avocado	\$4.00

DRINKS - available all day	
Milk - 300m1 Moove Chocolate, Coffee, Strawberry, Banana	\$1.50
Milk - 600m1 Moove Vanilla Malt, Strawberry, Chocolate	\$2.50
Milk - 500ml Dare Expresso Coffee, Mocha Chocolate	\$2.50
Water - 600m1 bottle	\$1.50
750m1 bottle (Pump)	\$2.50
Juice - 200m1 Apple, Orange	\$1.00
375ml Apple, Orange	\$1.50
LOL Sparkling Fruit Juice	\$2.00
Hot Chocolate/Tea/Soup	\$2.00

SNACKS - available after 09.00am	
Apple Pie	\$1.60
Red Rock Chips	\$1.00
Smiths Chips	\$1.00
Piranha Snack	\$0.80
Jelly Cup	\$0.15
Sesame Snap	\$0.80
Muffin	\$1.80
Orchy Cup	\$0.60
T&T Ice Block	\$0.60
Icy Bite	\$0.50
Paddle Pop	\$1.30
Tropical Slushie	\$1.70
Ski Double Up Yoghurt	\$2.60
Bomo Yoghurt	\$2.60
Lite Custard	\$1.00

These prices are subject to change at any time



BOMADERRY HIGH SCHOOL P&C CANTEEN MENU

Welcome to Bomaderry High School Parents and Citizens Association Canteen.

Bomaderry High School follows the State Government initiative 'Fresh Taste School' program and 'Healthy Kids Booster' program with the aim of providing a wide variety of tasty, nutritious food suitable for the growth and health of students.

How Does The Canteen Work?

The Canteen is open in Cycle One & Two from			and is open in Cycle Two Day 10 Only from		
08.30am - 09.00am	Breakfast	30 mins	08.30am - 09.00am	Breakfast	30 mins
10.20am - 10.40am	Recess 1	20 mins	10.30am - 10.55am	Recess 1	25 mins
11.55am - 12.15pm	Recess 2	20 mins	12.10pm-12.35pm	Recess 2	25 mins
01.30pm - 02.10pm	Lunch	40 mins	01.20pm - 02.10pm	Lunch	50 mins

The **Canteen MENU is displayed on the school website and at the canteen.** School exercise books, pens, pencils, are sold.

Canteen Staff and Volunteers

The P&C has employed an Operational Manager, Michelle Walker, a Financial Manager, Nola Soper, and a casual assistant.

You may ask do we need volunteers?

The answer is definitely, YES.

With the help of volunteers we are able to provide a wide variety of healthy choices to students and staff. (Healthier foods are more time consuming to prepare.) Volunteers also help to keep wages down thus providing more funds to the school. All of the P&C Canteen profits go to contributing towards the **Education** and **Facilities** of **All students**.

How can You Help ?

If there are any new parents or returning parents who have a spare hour or more a week, a fortnight, a month or term in the mornings / afternoons you will be helping to improve the Canteen service and your voluntary time will be contributing to the schools fund raising.

If you don't have time for volunteering in the Canteen but would like to be involved in the Canteen organization, please come along to a committee meeting, your input would be most appreciated. These are held on the first Thursday of every school term month in the common room at 7.00pm preceding the P&C meeting at 7.30pm.

What Would You Be Doing?

There are a variety of jobs to be done each day such as cutting up fruit and fresh salad items, bagging up hot foods; making up salads, sandwiches, rolls, wraps etc, help with washing-up, handing out pre-ordered lunches and catching up on the happenings of the school over a cuppa with our friendly canteen staff.

VOLUNTEERING YOUR SERVICES TO THE CANTEEN IS A VALUABLE CONTRIBUTION TO THE SCHOOL AND IS VERY MUCH APPRECIATED BY STAFF, STUDENTS AND PARENTS.

Please fill in the form attached and return to the school marked Attention, Canteen Managers, Mrs.Walker/Mrs.Soper P.O. Box 342, Bomaderry 2541 or ring the Canteen direct on 4421 2465.

The Canteen Committee looks forward to welcoming you to our Canteen

Principal: Ms Jill Appleton Canteen President: Michelle Gibson Canteen Managers: Nola Soper/Michelle Walker

Canteen Secretary: Chris Haddon Canteen Treasurer: Kathy Wiseman

Canteen Volunteers Needed for Bomaderry High School

Day Preferred: Monday Tuesday Wednesday Thursday Friday

Frequency: Weekly Fortnightly Once a Term **Hours Preferred:** AM PM All day

Name:..... **Telephone No.:**.....

Thank You