

WEEKLY SPECIALS (SPECIALS ARE MADE FRESH IN THE CANTEEN)

WEEK 2	SALAD BAR	\$6.00	G
WEEK 3	TACOS	\$6.00	G
WEEK 4	TANDOORI CHICKEN WRAPS	\$5.50	G
WEEK 5	BAKED SPUDS	from \$2.00	G
WEEK 6	NACHOS	\$4.00	G
WEEK 7	ROAD RUNNER PACK (sweet chilli chicken tender in a wrap + juice+ fruit)	\$5.00	G
WEEK 8	SPAGHETTI BAKE	\$4.50	G
WEEK 9	CHOCOLATE MOUSSE WITH STRAWBERRIES & CREAM	\$3.50	A
WEEK 10	CHEESE BEAN BOWLS	\$2.80	G
WEEK 11	HOT MEATBALL SUB	\$4.50	G

REWARDS CARD Buy more & save Buy any 5 specials and receive your 6th one free!

BUILD YOUR OWN SALAD CHOOSE FROM THE FOLLOWING

START WITH A BASE	lettuce / baby spinach
ADD THE BASICS	tomato / carrot / cucumber / capsicum / spring onion / olives / corn
CHOOSE A PROTEIN	chicken / ham / turkey / tuna / sweet chilli chicken tenders / Gluten free chicken tenders
SOMETHING EXTRA	grated cheese / bacon pieces / egg / avocado / rice stick noodles / shredded coconut / croutons
HERBS / SEEDS	italian herbs / chilli flakes / sesame seeds / chives
ADD A DRESSING	balsamic / caeser / coleslaw / ranch / garlic aioli / sweet chilli sauce / cranberry sauce
MAKE IT A COMBO	add 600ml water and/or fruit

BUILD YOUR OWN SANDWICH, ROLL OR WRAP**CHOICE OF FILLINGS**

avocado / carrot / cucumber / lettuce / baby spinach / tomato / cheese / ham / chicken / turkey / beef / curried egg / vegemite

CHOICE OF SPREADS

mayo / margarine / cranberry sauce / pickles / mango chutney / sweet chilli sauce

MAKE IT A COMBO add 600ml water and/or fruit

SUSHI PACKS - GF - (prices per roll - inc x1 soy sauce)

Tuna OR Teriyaki	\$ 3.50	G
wasabi - extra 20c & extra soy sauce 10c		

DRINKS

Spring Water	600ml	\$ 1.50	G
Spring Water	1.5L	\$ 3.00	G
Fresh Juice	250ml (Locally from Besa) Orange, Apple, Apple & Strawberry	\$ 2.50	G
Lipton Iced Tea	500ml Peach, Mango	\$ 4.50	A
Up & Go	250ml Chocolate, Vanilla, Strawberry & Banana	\$ 2.50	A
Flavoured Milk	small Fleurieu, FU and Oak Brands	\$3.C \$ 3.50	A
Flavoured Milk	large Fleurieu, FU and Oak Brands	\$4.C \$ 4.50	R
slushie		\$ 1.50	A
Hot Chocolate	term 2 & 3 only with a COOKIE - extra \$1.00	\$ 2.00	A
Big M	250ml chocolate or strawberry	\$ 2.50	G

cibo bello menu

HOT FOOD

Fried Rice	Chicken or Vegetarian		\$ 4.50	A
Lasagne	Angus Beef, Chicken or Vegetarian		\$ 4.50	A
Hot Dog			\$ 3.30	A
Hot Dog with cheese			\$ 4.00	A
Garlic Bread			\$ 2.00	A
Hashbrown	oven baked		\$ 1.00	A
Wedges (GF)	oven baked	sweet chilli sauce - extra 20c / sour cream - extra 50c	\$ 3.00	A
Chicken Bites	4 per bag	spicy southern style	\$ 2.50	A
Noodle Cup	beef or chicken		\$ 2.60	A
Mi Goreng Noodles			\$ 3.00	A
Slams (8 per pkt)	bite size party pies	hawaiian	\$ 3.60	A
Traveller Pie 160g			\$ 4.20	A
Aussie Sausage Roll 125g			\$ 3.50	A
Vegetable Pasty 160g		(vegetarian)	\$ 5.00	A
Cheese & Spinach Roll 150g		(vegetarian)	\$ 4.20	A
Pasty 140g			\$ 4.50	A
Chicken Burger	(cheese extra 70c)	(lunch only) (chicken burger with mayo, lettuce, tomato & carrot on a burger bun)	\$ 6.00	G
Chicken Tenderloin	LUNCH ONLY	(lunch only) (sweet chilli chicken tenders with lettuce, carrot & mayo in a long roll)	\$ 5.50	A
Veggie Burger	(cheese extra 70c)	(lunch only) (Veggie burger with mayo, lettuce, tomato & carrot on a burger bun)	\$ 5.00	G
Chicken Strip Wrap	LUNCH ONLY	(lunch only) 4 chicken strips with mayo, lettuce, carrot, cucumber & tomato wrapped in a tortilla)	\$ 6.00	G

SNACKS

Muesli & Yogurt Tubs			\$ 3.50	G
Valia Yogurt Tubs 160g		Vanilla, Peach & Mango, Strawberry, Passionfruit	\$ 3.00	G
Strawberries & Yogurt			\$ 3.50	G
Fruit Salad (G/F)		watermelon, rockmelon, grapes, orange & strawberry	\$ 3.00	G
Cheese			\$ 1.00	G
Crackers (3 per pkt)			\$ 0.30	A
Pomegranates	seasonal		\$ 3.00	G
Fresh Fruit	apples / bananas / grapes		varies	G
Jelly Cup			\$ 1.00	A
chips 27g			\$ 1.50	A
chips 45g			\$ 2.00	A
Finger Bun			\$ 2.30	A
Buttered Finger Bun			\$ 2.50	A

ICECREAMS

Icy pole	75ml	Lemonade	\$ 1.00	A
Frozen OJ Cup	110ml		\$ 1.00	G
Lifesaver	67ml		\$ 1.50	A
Frosty Fruit	75ml	Tropical	\$ 1.50	A
Fandangles	77ml	Fairy Floss or Chocshmallow	\$ 2.50	A
Milo Scoop Shake	240ml		\$ 4.00	R

LUNCH ORDER PROCEDURES

Lunch orders can now completed online with FLEXISCHOOLS

Plastic Forks & Spoons will be supplied if required for purchased item otherwise they are 10c each

PICK UP ORDERS FROM SPECIFIED AREA IN CANTEEN

- COLD ORDERS IN BENCHTOP FRIDGE - HOT ORDERS IN PIE WARMERS LABELLED "ORDERS FOR COLLECTION"

G = Green - CHOOSE PLENTY

A = Amber - SELECT CAREFULLY

R = Red - VERY OCCASIONALLY