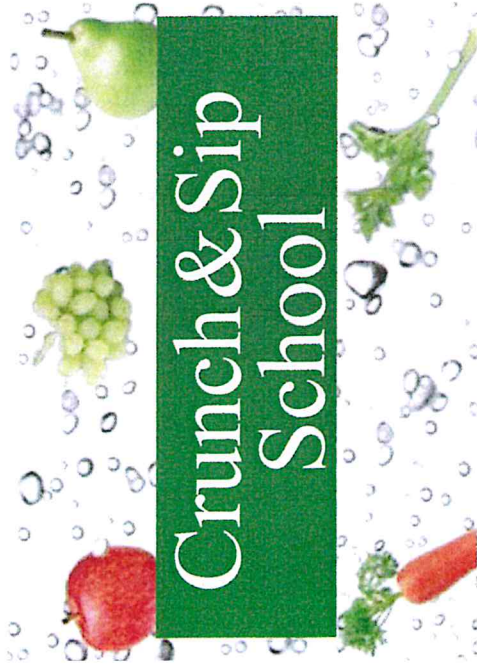


Healthy Choices

In compliance with the Department of Education's Healthy Food and Drink Policy AND because we want our children to have healthy choices, we provide nourishing, home-cooked meals using fresh fruit, vegetables and loads of love.

Bertram Bite is proud to be part of a



Crunch some fruit or veg, sip some water, feel great!

All profits from the Bertram Bite are used by the P&C to support some great school projects.

Thank you for your support!

Daily Specials

MONDAY

Wedges, Sour Cream & Sweet Chilli Sauce ...\$4.00

TUESDAY

Beef or Vegetarian Nachos.....\$4.50

WEDNESDAY

Egg & Bacon Slice (summer).....\$4.00

Spinach & Ricotta Cannelloni (winter).....\$4.50

THURSDAY

Meatball Sub.....\$5.00

FRIDAY

Fish & Potato Nuggets.....\$4.50

MENU

BERTRAM BITE



Bertram Primary School Canteen

The Bertram Bite is proudly brought to you by the

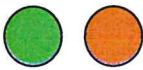


Bertram Primary School P&C
Champion Drive
Bertram WA 6167

Email bertramprimarypandc@gmail.com

Order Online at
www.flexischools.com.au
BEFORE 9:30am
Order in person
OPENS 8:15am

Green & Amber Meals



Green items are available everyday. They are nutritious and healthy.

Amber items are only available two days a week — Tuesday and Thursday. These items may be slightly higher in salt and/or sugar,

Hot Food—Everyday Green Meals

● Beef Burger and Salad	\$4.50
● Chicken Burger and Salad	\$4.50
● Corn on the Cob	\$1.50
● Fish and Salad	\$6.00
● Fish Burger or Wrap with Salad	\$4.50
● Fried Rice	\$4.00
● Lasagne	\$4.00
● Spaghetti Bolognese	\$4.00
● Vegetable Lasagne	\$4.00
● Pumpkin Soup	\$3.00
● Zucchini Slice	\$4.00

Hot Food—Tue & Thu Only Amber Meals

● Bacon Pizza	\$4.00
● Chicken Noodle Cup	\$3.50
● Dino Snacks & Potato Nuggets	\$3.50
● Hawaiian Pizza	\$4.00
● Hot Chicken Roll	\$4.50
● Hot Dog and Sauce	\$3.50
● Macaroni and Cheese	\$4.00
● Pie and Sauce	\$4.20
● Sausage Roll and Sauce	\$3.60

Sandwiches, Rolls & Wraps

	Sandwich	Roll	Wrap
Chicken	\$3.50	\$4.00	\$4.00
Curried Egg	\$3.00	\$3.50	\$3.50
Ham	\$3.50	\$3.50	\$4.00
Plain Egg	\$3.00	\$3.50	\$3.50
Salad	\$3.50	\$4.00	\$4.00
Sweet Chilli Chicken	N/A	\$4.00	\$4.00
Tuna	\$3.50	\$4.00	\$4.00
Vegemite	\$2.50	\$3.00	N/A
Add Salad (lettuce, tomato & cucumber)			\$1.50
Beetroot			\$0.50
Cheese			\$0.50
Egg			\$0.50
Make it Toasted			\$0.50

Salad Boxes

● Caesar Salad—Lettuce, Egg, Parmesan, Croutons, Caesar Dressing & Bacon	\$6.00
● Caesar Salad with Chicken	\$7.00
● Garden Salad	\$4.50
● Garden Salad with Chicken, Ham or Tuna	\$6.00
● Garden Salad with Fish	\$6.00
● Garden Salad + 2 Sweet Chilli Chicken Strips	\$6.00
● Fruit Salad	\$4.00

Frozen

Icy Poles	\$1.00
Paddle Pop— Choc/Rainbow	\$1.70
Shaky Shake Ice Cream	\$2.00
Calippo	\$1.00
Gelato Ice Cream	\$2.00
Nippy Frozen Fruit Cup	\$1.00

Snacks

● Carrot & Celery Cup	\$1.00
● Cheese & Crackers	\$1.50
● Fresh Fruit — 1 Piece (seasonal)	\$TBA
● Fresh Fruit Cup	\$1.00
● Fruit Muffin	\$1.00
● Popcorn Cup	\$1.00
● Yoghurt	\$1.80
Cheesie	\$1.00
Comitos	\$1.00
Frozen Yoghurt	\$2.00
Grain Waves	\$1.00
Hash Browns	\$1.00
Jelly Cup	\$1.00
Pikelet	\$0.40
Rice Sticks	\$1.00
Yogo	\$2.20
Granola Cup	\$2.00
Banana Bread	\$1.50

Drinks

● Bottled Water	\$1.50
● Focus Water	\$2.10
● Juice Box—Apple/Orange/Blackcurrant/Tropical	\$1.50
● Milk—Plain	\$1.50
● Milk—Flavoured	\$2.50
Slushy	\$2.00
Up & Go—Choc/Caramel/Strawberry/Vanilla	\$2.00

