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 & Sip School

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

All profits from the Bertram Bite are used by the P&C to get behind 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
Potato Bake...........................................$4.00

THURSDAY
Honey & Soy Chicken Wings.......................$4.50
With Salad.............................................$6.00

FRIDAY
Fish & Potato Nuggets............................$4.50

Winter Menu

BERTRAM BITE

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

The Bertram Bite is proudly brought to you by the

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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, but still offer a low fat option.

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 $5.00
- Fish Burger or Wrap with Salad $4.50
- Fried Rice $4.00
- Lasagne $4.00
- Pumpkin Soup $3.00
- Spaghetti Bolognaise $4.00
- Vegetable Lasagne $4.00

Hot Food—Tue & Thu Only Amber Meals

- Bacon Pizza $5.00
- Chicken Noodle Cup $3.20
- Dino Snacks & Potato Nuggets $3.00
- Hawaiian Pizza $4.00
- Hot Chicken Roll $4.50
- Hot Dog and Sauce $3.00
- Macaroni and Cheese $3.50
- Pie and Sauce $4.20
- Sausage Roll and Sauce $3.60

Sandwiches, Rolls & Wraps

<table>
<thead>
<tr>
<th></th>
<th>Sandwich</th>
<th>Roll</th>
<th>Wrap</th>
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<tbody>
<tr>
<td>Chicken</td>
<td>$3.50</td>
<td>$4.00</td>
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<tr>
<td>Curried Egg</td>
<td>$3.00</td>
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<tr>
<td>Ham</td>
<td>$3.50</td>
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<tr>
<td>Plain Egg</td>
<td>$3.00</td>
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<tr>
<td>Salad</td>
<td>$3.50</td>
<td>$4.00</td>
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<tr>
<td>Sweet Chili Chicken</td>
<td>N/A</td>
<td>$4.00</td>
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<tr>
<td>Tuna</td>
<td>$3.50</td>
<td>$4.00</td>
<td>$4.00</td>
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<tr>
<td>Vegemite</td>
<td>$2.50</td>
<td>$3.00</td>
<td>N/A</td>
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<tr>
<td>Add Salad (lettuce, tomato &amp; cucumber)</td>
<td>$1.50</td>
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<tr>
<td>Beetroot</td>
<td>$0.50</td>
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<tr>
<td>Cheese</td>
<td>$0.50</td>
<td></td>
<td></td>
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<tr>
<td>Egg</td>
<td>$0.50</td>
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<tr>
<td>Make it Toasted</td>
<td>$0.50</td>
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</tbody>
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Salad Boxes

- Caesar Salad—Lettuce, Egg, Parmesan, Croutons, Caesar Dressing & Bacon $5.00
- Caesar Salad with Chicken $6.00
- Garden Salad $3.50
- Garden Salad with Chicken, Ham or Tuna $5.00
- Garden Salad with Fish $5.00
- Garden Salad + 2 Sweet Chili Chicken Strips $5.00

Frozen

- Icy Poles $1.00
- Olaf Ice Cream $2.00
- Paddle Pop—Choc/Rainbow/Vanilla $1.50
- Shaky Shake Ice Cream $2.00

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 $1.50
- Cheesie $1.00
- Cornitos $1.00
- Frozen Yoghurt $2.00
- Grain Waves $1.00
- Hash Browns $1.00
- Jelly Cup $1.00
- Pikelet $0.30
- Rice Sticks $1.00
- Yogo $1.60

Drinks

- Bottled Water $1.20
- Focus Water $2.10
- Juice Box—Apple/Orange/Blackcurrant $1.40
- Milk—Plain $1.20
- Milk—Flavoured $2.10
- Milo $1.30
- Nudie Juices $2.00
- Slushy $2.00
- Up & Go—Choc/Caramel/Strawberry/Vanilla $2.00