

Primary School Menu 2018

From Blackwood High School Canteen

SANDWICHES AND ROLLS ^G

	<u>SANDWICH</u>	<u>ROLL</u>
Vegemite	\$2.80	\$3.10
Cheese	\$3.00	\$3.30
Egg	\$3.20	\$3.50
Egg, Lettuce and Mayonnaise	\$4.20	\$4.50
Ham	\$3.20	\$3.50
Ham and Cheese	\$3.80	\$4.10
Ham, Cheese and Tomato	\$4.40	\$4.70
Ham, Salad (lettuce, tomato and cucumber)	\$5.00	\$5.30
Chicken, Lettuce and Mayonnaise	\$5.70	\$6.00
Chicken	\$4.70	\$5.00
Chicken salad	\$6.50	\$6.80
Tuna	\$4.20	\$4.50
Tuna salad	\$6.00	\$6.30
Salad (4 filling and lettuce)	\$5.00	\$5.30
Beef salad	\$5.10	\$5.40
Beef	\$3.30	\$3.60

EXTRAS 60c

Cheese	Egg
Beetroot	Carrot
Tomato	Cucumber
Lettuce	

DRESSING 40c

Mayonnaise	Mustard
Tomato	BBQ
Cranberry	Pickles

GF options available, GF bread 60c extra.



Thank you for your continued support of the canteen

WRAPS – All \$6.60

(lett, tom, cuc, carrot, sprouts)
Ham/Chicken
Egg/Beef
Turkey

SALAD PACK

Chicken Salad pk	\$6.60
Ham Salad pk GF	\$6.60
Falafel Salad Pot	\$5.00

HOT SNACKS

Chicken Nuggets(6)	\$4.00
Garlic Bread	\$2.20
Hash Browns GF	\$2.00

DRINKS

Water	\$1.80
Plain milk	\$2.00
250ml Nippys Milk	\$3.40
300ml Oak Milk	\$3.00
Just Juice	\$2.50
(ABC, Orange, Orange and Mango, Apple, Par Punch)	
Harvest Fresh Juice	\$2.60

SMALL SNACKS

Fruit Straps	\$1.70
Ovaltines	\$1.50

FACTS – Right Bite Strategy

Green – Foods that can be eaten everyday

Amber – Select carefully. Processed food may contain higher levels of fat sugar and salt

Red – Occasional food, limited your intake. Highly processed
We encourage children to choose healthy options.

All prices may be subject to change

PASTRIES

GE Pie	\$4.90
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BALFOURS

Pie, Pasty	\$5.00
Potato	\$5.00
Small S/R	\$3.60
Small Pie	\$3.60

FRUIT AND YOGHURT

Fruit salad GF	\$3.60
Custard and Peaches	\$3.00
Yoghurt GF	\$3.00

MUFFINS

Choc or blueberry	\$2.80
Finger buns	\$3.00

PIZZA

Ham and pineapple single	\$3.20
Supreme single	\$3.20
Slab Margarita	\$4.60

HOT DOGS

Plain	\$3.00
Sauce	\$3.60
Cheese and sauce	\$4.20
mustard	\$0.40 extra

COLD DELIGHTS

Orange ice cups GF	\$1.10
Frozen yoghurt (straw/mango)	\$3.00

BURGERS

Cheese burger	\$5.00
Chicken burger	\$5.60
Falafel burger	\$5.00

TOASTED SANDWICHES

Ham and cheese	\$4.20
Ham. cheese and tomato	\$4.80
Cheese and tomato	\$3.80
Cheese and vegemite	\$3.60

TOASTED FOCACCIA

Ham and cheese	\$4.90
Ham. cheese and tomato	\$5.50
Chicken, cheese and mayo	\$6.50

PASTA

Pasta Neapolitana (homemade)	\$3.20
Mac Cheese	\$4.80