

Primary School Menu 2017

From Blackwood High School Canteen

SANDWICHES AND ROLLS **G**

	<u>SANDWICH</u>	<u>ROLL</u>
Vegete	\$2.80	\$3.10
Cheese	\$2.90	\$3.20
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	\$5.00	\$5.30
(lettuce, tomato and cucumber)		
Chicken, Lettuce and Mayonnaise	\$5.50	\$5.80
Chicken	\$4.50	\$4.80
Chicken salad	\$6.30	\$6.60
Tuna	\$4.20	\$4.50
Tuna salad	\$6.00	\$6.30
Salad (4 filling and lettuce)	\$5.00	\$5.30
Beef salad	\$5.00	\$5.30
Beef	\$3.20	\$3.50

EXTRAS 60c **G**

Cheese	Egg
Beetroot	Carrot
Tomato	Cucumber
Lettuce	

DRESSING 40c **A**

Mayonnaise	Mustard
Tomato	BBQ
Cranberry	Pickles

GF options available, GF bread 60c extra.



Thank you for your continued support of the canteen

WRAPS – All \$6.50 **G**

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

SALAD POT

Chicken Penne Pot	\$5.00 A
Ham Salad Pot GF	\$5.00 A
Falafel Salad Pot	\$5.00 G

HOT SNACKS

Chicken Nuggets(6)	\$4.00 A
Garlic Bread	\$2.20 G
Hash Browns GF	\$1.80 A

SMALL SNACKS

Fruit Straps	\$1.60 G
Ovaltines	\$1.80 A

DRINKS

Water	\$1.80 G
Plain milk	\$2.00 G
250ml Nippys Milk	\$3.30 A
300ml Oak Milk	\$2.80 A
Just Juice	\$2.50 G
(ABC, Orange, Orange and Mango, Apple, Par Punch)	
Harvest Fresh Juice	\$2.40 G

FACTS – Right Bite Strategy

G Green – Foods that can be eaten everyday
A Amber – Select carefully. Processed food may contain higher levels of fat sugar and salt
R 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 A
GE Giant S/R	\$3.90 A
<u>BALFOURS</u>	
Pie, Pasty	\$5.00 A
Potato	\$5.00 A
Small S/R	\$3.60 A
Small Pie	\$3.60 A

FRUIT AND YOGHURT

Fruit salad GF	\$3.50 G
Custard and Peaches	\$3.00 A
Yoghurt GF	\$3.00 G

MUFFINS

Choc or blueberry	\$2.80 A
Finger buns	\$3.00 A

PIZZA

Ham and pineapple single	\$3.10 A
Supreme single	\$3.10 A
Slab Margarita	\$4.60 G

HOT DOGS

Plain	\$3.80 A
Sauce	\$4.00 A
Cheese and sauce	\$4.30 A
mustard	\$0.40 extra A

COLD DELIGHTS

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

BURGERS

Cheese burger	\$4.90 A
Chicken burger	\$5.60 A
Falafel burger	\$5.60 G

TOASTED SANDWICHES

Ham and cheese	\$4.00 A
Ham. cheese and tomato	\$4.60 A
Cheese and tomato	\$3.60 G
Cheese and vegemite	\$3.60 G

TOASTED FOCACCIA

Ham and cheese	\$4.60 A
Ham. cheese and tomato	\$5.30 A
Chicken, cheese and mayo	\$6.30 A

PASTA

Pasta Neapolitana (homemade)	\$3.00 G
Mac Cheese	\$4.70 A