

Sample Primary School Menu 2022

From Blackwood High School Canteen

SANDWICHES AND ROLLS **G**

| | <u>SANDWICH</u> | <u>ROLL</u> |
|---------------------------------|-----------------|-------------|
| Vegemite | \$2.80 | \$3.10 |
| Cheese | \$3.10 | \$3.40 |
| Egg | \$3.20 | \$3.50 |
| Egg, Lettuce and Mayonnaise | \$4.20 | \$4.50 |
| Ham | \$3.50 | \$3.80 |
| Ham and Cheese | \$4.00 | \$4.30 |
| Ham, Cheese and Tomato | \$4.70 | \$5.00 |
| Ham, Salad | \$5.30 | \$5.60 |
| (lettuce, tomato and cucumber) | | |
| Chicken, Lettuce and Mayonnaise | \$5.60 | \$6.00 |
| Chicken | \$4.70 | \$5.00 |
| Chicken salad | \$6.30 | \$6.60 |
| Tuna | \$4.70 | \$5.00 |
| Tuna salad | \$6.30 | \$6.60 |
| Salad (4 filling and lettuce) | \$5.00 | \$5.30 |

EXTRAS 60c

| | |
|----------|----------|
| Cheese | Egg |
| Gherkins | Carrot |
| Tomato | Cucumber |
| Lettuce | Capsicum |

DRESSING 30c

| | |
|------------|---------|
| Mayonnaise | Mustard |
| Tomato | BBQ |
| Aoili | |

GF options available, GF bread \$1.50 extra.



Thank you for your continued support of the canteen

WRAPS – All \$6.00 **G**

(lett, tom, cuc, carrot, capsicum)
Ham/Chicken
Egg

SALAD PACK **G**

| | |
|-----------------------------|--------|
| Chicken/ham/tuna salad pack | \$6.00 |
| Falafel Salad Pack | \$5.00 |

HOT SNACKS **A**

| | |
|--------------------|--------|
| Chicken Nuggets(5) | \$4.00 |
| Garlic Bread | \$2.20 |
| Hash Browns GF | \$2.00 |

DRINKS

| | |
|------------------------|--------|
| Water | \$1.80 |
| 250ml NippysMilk | \$3.70 |
| 250ml milky max Milk | \$3.00 |
| Juice box | \$2.20 |
| (, Orange, Apple, ABC) | |

SMALL SNACKS **A**

| | |
|--------------|--------|
| Fruit Straps | \$1.50 |
| 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

PLEASE LOOK ON QKR APP FOR MORE OPTIONS

BALFOURS

| | |
|--------------|--------|
| Pie, Pasty | \$5.00 |
| Potato | \$5.00 |
| Sausage roll | \$4.00 |

FRUIT AND YOGHURT **G**

| | |
|--------------------------------|--------|
| Fresh Fruit salad GF term1 & 4 | \$3.70 |
| Custard | TBA |
| Yoghurt pouches | TBA |

MUFFINS

| | |
|-------------|--------|
| Choc | \$3.20 |
| Finger buns | \$3.50 |

GF HOT FOOD

| | |
|---------------------------|--------|
| Mac cheese | \$6.50 |
| Lasagne | TBA |
| Toasted Ham & cheese sand | \$5.80 |
| Chicken tenders (3) | TBA |

HOT DOGS **A**

| | |
|------------------|--------|
| Plain | \$3.60 |
| Sauce | \$3.90 |
| Cheese and sauce | \$4.50 |

COLD DELIGHTS

| | |
|------------------------------|--------|
| Orange ice cups GF | \$1.50 |
| Frozen yoghurt (straw/mango) | \$3.50 |

BURGERS **A**

| | |
|----------------|--------|
| Cheese burger | \$5.00 |
| Chicken burger | \$5.00 |
| Falafel burger | \$5.00 |

TOASTED SANDWICHES **G**

| | |
|------------------------|--------|
| Ham and cheese | \$4.40 |
| Ham. cheese and tomato | \$5.00 |
| Cheese and tomato | \$4.10 |
| Cheese | \$3.50 |

TOASTED FOCACCIA **G**

| | |
|--------------------------|--------|
| Ham and cheese | \$5.00 |
| Ham. cheese and tomato | \$5.50 |
| Chicken, cheese and mayo | \$6.00 |

PASTA **A**

| | |
|------------------------------|--------|
| Pasta Neapolitana (homemade) | \$3.50 |
| Mac Cheese | \$5.20 |
| Lasagne | \$5.20 |
| Fried Rice | \$5.00 |