

Sample Primary School Menu 2024

From Blackwood High School Canteen

SANDWICHES AND ROLLS **G**

	<u>SANDWICH</u>	<u>ROLL</u>
Vegemite	\$3.00	\$3.40
Cheese	\$3.60	\$4.00
Egg	\$3.60	\$4.00
Egg, Lettuce and Mayonnaise	\$4.50	\$4.90
Ham	\$4.00	\$4.40
Ham and Cheese	\$4.80	\$5.20
Ham, Cheese and Tomato	\$5.20	\$5.20
Ham, Salad	\$5.20	\$6.20
(lettuce, tomato and cucumber)		
Chicken, Lettuce and Mayonnaise	\$5.80	\$6.20
Chicken	\$4.90	\$5.20
Chicken salad	\$6.50	\$6.80
Tuna	\$4.90	\$5.20
Tuna salad	\$6.50	\$6.80
Salad (4 filling and lettuce)	\$5.00	\$5.30

EXTRA CHEESE or EGG 80c

EXTRAS 60c

Gherkins	Carrot
Tomato	Cucumber
Lettuce	Capsicum

DRESSING 30c

Mayonnaise	Mustard
Tomato	BBQ

GF options available, GF bread \$1.50 extra.

Thank you for your continued support of the canteen



PASTRIES

Pie, Pasty 200g	\$6.00
Sausage roll 140g	\$5.00

FRUIT AND YOGHURT **G**

Fresh Fruit salad GF	\$4.00
Custard & Peaches	\$3.20
Yoghurt	\$2.90

MUFFINS

Choc	\$3.00
Finger buns	\$3.60

Gluten Free HOT FOOD

Mac cheese	\$6.50
Lasagne	n/a
Toasted Ham & cheese sand	\$5.80
Chicken tenders (3)	\$6.00

HOT DOGS **A**

Plain	\$4.00
Sauce	\$4.30
Cheese and sauce	\$5.10
Sauce & mustard	\$4.60
Cheese	\$4.80

TOASTED SANDWICHES **G**

Ham and cheese	\$5.00
Ham. cheese and tomato	\$5.60
Cheese and tomato	\$4.20
Cheese	\$3.60

COLD DELIGHTS

Orange ice cups GF	\$1.70
Frozen yoghurt (straw/mango)	\$3.90

BURGERS **A**

Veggie	\$5.00
Cheese burger	\$5.90
Chicken burger	\$5.50
Falafel burger	\$5.20

TOASTED FOCACCIA **G**

Ham and cheese	\$5.50
Cheese and tomato	\$4.50
Chicken, cheese and mayo	\$6.50
Double Cheese	\$4.50

PASTA **A**

Pasta Neapolitana (homemade)	\$3.50
Mac Cheese (homemade)	\$3.50
Lasagne (homemade)	TBA
Fried Rice	\$5.50

*** All prices may be subject to change***

WRAPS – All \$6.50 **G**

(lett, tom, cucumber, carrot, capsicum, sprouts)
Ham/Chicken
Egg

SALAD PACK **G**

Chicken/ham/tuna	\$6.50
salad pack	
Falafel Salad Pack	\$5.50

HOT SNACKS **A**

Chicken Nuggets(5)	\$4.40
Garlic Bread	\$2.20

DRINKS

Water	\$1.80
Nippys Milk 250ml	\$4.00
Juice box 250ml	\$2.20
(, Orange, Apple, ABC)	

Oak milk 250ml	\$3.40
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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.

PLEASE LOOK ON QKR APP FOR MORE OPTIONS

