

Sample Primary School Menu 2023

From Blackwood High School Canteen

All prices may be subject to change

<u>SANDWICHES AND ROLLS</u> G	<u>SANDWICH</u>	<u>ROLL</u>
Vegemite	\$3.00	\$3.40
Cheese	\$3.40	\$3.80
Egg	\$3.40	\$3.80
Egg, Lettuce and Mayonnaise	\$4.30	\$4.70
Ham	\$3.80	\$4.20
Ham and Cheese	\$4.60	\$5.00
Ham, Cheese and Tomato	\$5.20	\$5.60
Ham, Salad (lettuce, tomato and cucumber)	\$5.60	\$6.00
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

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

BALFOURS

Pie, Pasty 180g	\$5.50
Sausage roll 120g	\$4.80

FRUIT AND YOGHURT G

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

MUFFINS

Choc	\$3.50
Finger buns	\$3.50

Gluten Free HOT FOOD

Mac cheese	\$6.50
Lasagne	\$6.50
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

COLD DELIGHTS

Orange ice cups GF	\$1.70
Frozen yoghurt (straw/mango)	\$3.70

BURGERS A

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

TOASTED SANDWICHES G

Ham and cheese	\$4.80
Ham, cheese and tomato	\$5.40
Cheese and tomato	\$4.20
Cheese	\$3.60

TOASTED FOCCACCIA G

Ham and cheese	\$5.00
Cheese and tomato	\$4.50
Chicken, cheese and mayo	\$6.00
Double Cheese	\$4.50

PASTA A

Pasta Neapolitana (homemade)	\$3.50
Mac Cheese (homemade)	TBA
Lasagne (homemade)	TBA
Fried Rice	\$5.30

WRAPS – All \$6.50 G

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

SALAD PACK G

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

HOT SNACKS A

Chicken Nuggets(5)	\$4.40
Garlic Bread	\$2.20
Hash Browns GF	\$2.00

DRINKS

Water	\$1.80
Nippys Milk 250ml	\$4.00
Juice box 250ml (, Orange, Apple, ABC)	\$2.20
Oak milk 250ml	\$3.30

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