

**FLAGSTAFF HILL PRIMARY SCHOOL CANTEEN MENU TERM 2 - 2024**

Our menu follows the Right Bite healthy eating strategy: **Green** for best choice, **Amber** for choose carefully.

<p><b><u>WRAPS AND SALADS</u></b></p> <p><b>Chef salad (gf, v)</b> \$ 5.00 Lettuce, tomato, cucumber, carrot, cheese</p> <p><b>Greek salad (gf)</b> \$ 5.00 Lettuce, tomato, cucumber, olives, feta</p> <p><b>Chicken salad (gf)</b> \$ 5.50 Chicken, lettuce, tomato, cucumber, egg, carrot, cheese</p> <p><b>Picnic Pack</b> \$ 5.50 with spring onion dip, carrot, cucumber, Cherry Tomatoes, cheese, turkey, Crackers &amp; pita bread</p> <p><b>Chicken Caesar salad</b> \$ 5.50 Seared chicken, lettuce, ham, cheese, egg and dressing</p>	<p><b><u>HOT FOOD</u></b></p> <p><b><u>PIZZAS</u></b></p> <p><b>Margherita (tomato and cheese)</b> \$ 4.00 <b>Ham and pineapple</b> \$ 4.50 <b>BBQ chicken</b> \$ 4.50</p> <p><b><u>BURGERS</u></b> (all gf available)</p> <p><b>Chicken burger:</b> \$ 5.00 chicken breast, lettuce, tomato, mayo, cucumber.</p> <p><b>Cheeseburger:</b> \$ 5.00 homemade beef patty with cheese, tomato, lettuce and tomato sauce</p> <p><b>Chicken nugget roll with sauce</b> \$ 4.50 <b>Chicken nugget roll with lettuce and mayo</b> \$ 4.50 <b>Hash brown burger with lettuce, mayo, tomato, Cucumber</b> \$ 5.00</p> <p><b><u>FEATURED ITEM</u></b> <b>Baked potato with bolognaise sauce</b> \$5.00</p>	<p><b><u>HOT FOOD</u></b></p> <p><b>Vegetarian Chili with corn chips (v, gf, df)</b> \$ 5.00 <b>Nachos (v)</b> \$ 5.00 <b>Butter chicken with rice (gf, df)</b> \$ 5.00 <b>Balfours meat pie</b> \$ 4.70 <b>Balfours sausage roll</b> \$ 4.00 <b>Hot dog, plain, sauce or mustard</b> \$ 4.00 <b>½ hotdog, plain, sauce or mustard (incl cheese on hot dog: add 50c)</b> \$ 2.00 <b>Chicken noodle cup</b> \$ 3.00 <b>Chicken Nuggets (each)</b> \$ 0.80</p> <p><b><u>PASTA</u></b> (all gf available)</p> <p><b>Napolitana (v)</b> <b>Bolognaise</b> \$ 4.00 <b>Cheese (v)</b> \$ 5.00 \$ 4.50</p>
<p><b><u>SANDWICHES AND ROLLS</u></b> Rolls: add \$ 0,50.</p> <p><b>Buttered Salad:</b> \$ 1.50 \$ 4.00 tomato, lettuce, cucumber, carrot</p> <p><b>Chicken Vegemite</b> \$ 4.00 \$ 2.00 <b>Cheese</b> \$ 2.50 <b>Ham</b> \$ 3.50 <b>Toasted cheese</b> \$ 2.50 <b>Toasted ham and cheese</b> \$ 4.00 <b>Toasted cheese vegemite</b> \$ 3.00</p>	<p><b><u>SMOOTHIES</u></b></p> <p><b>Monday: Raspberry smoothie</b> \$ 2.00 <b>Tuesday: Mango smoothie</b> \$ 2.00 <b>Wednesday: Blueberry smoothie</b> \$ 2.00 <b>Thursday: Mixed berry smoothie</b> \$ 2.00 <b>Friday: Strawberry smoothie</b> \$ 2.00</p>	<p><b><u>DRINKS</u></b></p> <p><b>Water Oak</b> \$ 2.00 \$ 3.00 chocolate or strawberry 250 ml</p> <p><b>Juicee crush 250 ml</b> \$ 2.00 apple, orange, apple &amp; blackcurrant, tropical</p> <p><b>Glee sparkling 99% fruit juice</b> \$ 2.00 tropical treat, bubblegum grape, blackcurrant and raspberry</p>
<p><b><u>SNACKS</u></b></p> <p><b>Popcorn, salted</b> \$ 1.90 <b>Fruit nuggets</b> \$ 0.60 <b>Parkers Pretzels</b> \$ 1.50 <b>Healtheries Potato Stix</b> \$ 1.50 <b>Healtheries Burger Rice Wheels (GF)</b> \$ 1.50</p>	<p><b><u>BAKED GOODS</u></b></p> <p><b>Banana bread</b> \$ 0.80 <b>Funfetti cookies</b> \$ 0.80 <b>Banana, Strawberry &amp; Choc Bliss balls</b> \$ 0.50 <b>Raspberry Muffin</b> \$ 1.50</p>	<p><b><u>ICY TREATS</u></b></p> <p><b>Frozen yoghurt</b> \$ 2.60 <b>Calippo mini</b> \$ 1.30 <b>Moosies</b> \$ 1.60 <b>Slushie</b> \$ 2.60 <b>Zooper Dooper No sugar</b> \$ 0.80 <b>Everest cup:</b> strawberries, vanilla, chocolate \$ 1.60 <b>Paddle pop:</b> rainbow, banana \$ 2.00</p>
<p><b>Extra mayo and tomato sauce \$ 0.30 each</b></p>	<p><b>(gf)</b> gluten free      <b>(gfo)</b> gluten free option      <b>(v)</b> vegetarian <b>(df)</b> dairy free      <b>(ve)</b> vegan</p>	