

FLAGSTAFF HILL PRIMARY SCHOOL CANTEEN MENU TERM 3 - 2024

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

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