



FLAGSTAFF HILL PRIMARY SCHOOL CANTEEN MENU TERM 4 2021



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

For more information, Google "SA Right Bite" or visit - <https://tinyurl.com/y4yvotup>

WRAPS AND SALADS

CHICKEN CAESAR SALAD

chicken, lettuce, bacon, croutons, cheese, egg and low fat dressing (minus croutons for (GF)) \$5.00

CHEF SALAD lettuce, tomato, cucumber, carrot, cheese (GF, V) \$4.00

GREEK SALAD lettuce, tomato, cucumber, olives, feta cheese (GF) \$4.50

CHICKEN SALAD chicken, lettuce, tomato, cucumber, carrot, cheese (GF) \$5.00

add chicken to salads \$1.00

PICNIC PACK with spring onion dip, carrot, cucumber cheese. Kabana, salami, Jatz and pita bread \$5.00

Banh Mi chicken roll \$5.00

SANDWICHES AND ROLLS

	S/W	ROLL
Buttered	\$1.00	\$1.50
Vegemite	\$1.50	\$2.00
cheese	\$2.00	\$2.50
salad: tomato, lettuce, cucumber, carrot	\$3.50	\$4.00
chicken	\$3.50	\$4.00
Ham	\$3.00	\$3.50
Toasted cheese	\$2.00	
Toasted Ham and cheese	\$3.50	

PIZZAS

Margherita (tomato and cheese) \$3.50

Ham and pineapple \$4.00

BBQ Chicken \$4.00

PASTA

Napolitana (V) \$4.00

Cheesy (V) All served with cheese \$4.00

Bolognaise \$4.50

BURGERS

Chicken burger: chicken breast, lettuce, tomato, mayo cucumber \$4.50

Cheeseburger: Homemade beef patty with cheese, tomato, lettuce and tomato sauce \$4.50

Chicken Nugget roll w/ sauce \$4.00

Chicken Nugget roll w/ lettuce and mayo \$4.50

DAILY SPECIALS

Monday

Honey Chicken with Rice \$5.00

Spanakopita (V) (spinach and feta filo) with greek salad \$5.00

Chicken, bacon & pea risotto \$5.00

Pumpkin, pea & corn risotto \$5.00

Tuesday Sushi

tuna, Vegetarian or Chicken \$2.50(ea)

Wednesday Potato Gnocchi w/ tomato & basil sauce, parmesan cheese \$5.00

Thursday

Meatball sub, rich tomato sauce w cheese \$5.00

Meatball sub – half serve \$2.50

Friday Loaded Hot Dog \$5.00

ASSORTED BAKED GOODS AVAILABLE IN THE CANTEEN LUNCH 1 AND 2, from \$0.20 - \$2.00

HOT FOOD

Butter Chicken with rice (gf, df) \$5.00

Balfours Meat pie \$4.50

Balfours sausage roll \$3.50

Nachos (V) \$4.50

Hot dog, plain, sauce or mustard \$4.00

1/2 Hot dog, plain, sauce or mustard (incl cheese on hot dog add .50c) \$2.50 \$0.50

Chicken noodle cup \$3.00

Ham & Cheese croissant \$4.00

Chicken Nuggets (each) \$0.80c ea.

DRINKS

Water \$2.00

Juicee crush 250ml \$2.00

apple, orange, apple & blackcurrant, tropical

Glee sparkling 99% fruit juice \$2.00

Tropical treat, bubble gum grape, blackcurrant burst,

Rock 'n' raspberry

Classic milk

Chocolate or Strawberry 375ml \$3.00

Big M

chocolate or strawberry 250ml \$3.00

ICY TREATS

Slushie \$2.00

Frozen yoghurt: Blueberry or mango \$2.00

Paddle pop: choc, rainbow, caramel \$1.70

Icy twist \$1.20 Calipo \$1.00

Zooper Dooper, Iced Mony 0.80c

SNACKS

Popcorn, salted \$1.50

Red Rock chips, sea salt or honey soy \$1.00

JJ's, chicken or pizza flavour \$1.00

ovalteenies \$1.00

fruit nuggets \$0.50c

Extra Mayo and Tomato sauce 0.25c ea.

(gf) Gluten free (df) Dairy free

(VE) Vegan (V) Vegetarian