



# FLAGSTAFF HILL PRIMARY SCHOOL CANTEEN MENU TERM 4 2022



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

seared chicken, lettuce, bacon, croutons, cheese, egg, and low fat dressing (minus croutons for GF) \$5.50

### CHEF SALAD

Lettuce, tomato, cucumber, carrot, cheese(gf,V) \$5.00

### GREEK SALAD

Lettuce, Tomato, Cucumber, Olives, Feta (gf) \$5.00

### CHICKEN SALAD

Chicken, lettuce, tomato, cucumber, carrot, cheese(gf) \$5.50

### PICNIC PACK with spring onion dip, carrot,

cucumber, cheese, Kabana, salami, Jatz & pita bread \$5.50

## SANDWICHES AND ROLLS – all Gluten Free optional

	S/W	ROLL
Buttered	\$1.50	\$2.00
Vegemite	\$2.00	\$2.50
cheese salad:	\$2.50	\$3.00
tomato, lettuce, cucumber, carrot	\$4.00	\$4.50
chicken	\$4.00	\$4.50
Ham	\$3.50	\$4.00
Toasted cheese	\$2.50	
Toasted Ham and cheese	\$4.00	

Extras - add 50c ea. - Lettuce, tomato, pickled onion, cucumber, gherkin, carrot, mustard, chutney  
Ham or cheese \$1 extra ea.

Extra Mayo and Tomato sauce 0.25c ea.  
(gf) Gluten free (GFO) Gluten Free option  
(df) Dairy free (VE) Vegan (V) Vegetarian

## PIZZAS

Margherita (tomato and cheese) \$3.50

Ham and pineapple \$4.00

BBQ Chicken \$4.00

### PASTA (all GF available)

Napolitana (V) \$4.00

Cheesy (V) All served with cheese \$4.00

Bolognaise \$5.00

### BURGERS (all GF available)

Chicken burger: chicken breast, lettuce, tomato, mayo cucumber \$5.00

Cheeseburger: Homemade beef patty with cheese, tomato, lettuce and tomato sauce \$5.00

Chicken Nugget roll w/ sauce \$4.50

Chicken Nugget roll w/ lettuce & mayo \$4.50

## FEATURED

Loaded hotdog with mustard, tomato sauce, cheese and onion \$5.00

Pumpkin soup with bread roll \$4.50

## HOT FOOD

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

Balfours Meat pie \$4.70

Balfours sausage roll \$4.00

Nachos (V) \$4.50

Hot dog, plain, sauce or mustard \$4.00

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

Chicken noodle cup \$3.00

Ham & Cheese croissant \$4.00

Chicken Nuggets (each) \$0.80c ea.

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

## SMOOTHIES

Monday Raspberry Smoothie \$2.00

Tuesday Mango Smoothie \$2.00

Wednesday Blueberry Smoothie \$2.00

Thursday Mixed Berry \$2.00

Friday Banana Smoothie \$2.00

## 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: Strawb/Van or Choc/Van \$2.60

Paddle pop: choc or rainbow \$1.70

Icy twist \$1.20 Calipo \$1.30

Zooper Dooper 0.80c Cyclones \$3.00

## 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