



FLAGSTAFF HILL CANTEEN MENU TERM 3 2022



WRAPS AND SALADS

CHICKEN CAESAR SALAD

seared 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) \$4.50

GREEK SALAD

Lettuce, Tomato, Cucumber, Olives, Fetta cheese (gf) \$4.50

CHICKEN SALAD

Chicken, lettuce, tomato, cucumber, carrot, cheese(gf) \$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	\$4.00	\$4.50
chicken	\$3.50	\$4.00
Ham	\$3.00	\$3.50
Toasted cheese	\$2.00	
Toasted Ham and cheese	\$3.50	
<i>Extras add 50c ea. Lettuce, cheese, tomato, pickled onion, cucumber, gherkin, carrot, mustard, chutney</i>		

PIZZAS

Ham and pineapple	\$4.00
Margherita (tomato and cheese)	\$3.50
BBQ Chicken	\$4.00

BURGERS

Chicken burger: chicken breast, lettuce, tomato, mayo cucumber	\$4.50
Cheese burger : Homemade beef patty with cheese, tomato, lettuce and tomato sauce	\$4.50
Chicken nugget roll w' sauce	\$4.50
Chicken Nugget roll w' lettuce and mayo	\$4.50

HOT FOOD

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.	\$2.00
(add cheese to hotdogs)	\$.50c
chicken noodle cup	\$3.00
Ham & Cheese croissant	\$4.00
Chicken Nuggets (each)	\$.80c ea

HOT MEALS

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

<u>PICNIC PACK</u> with spring onion dip, carrot, cucumber cheese. Kabana, salami, Jatz and pita bread	\$5.00
<u>Loaded hotdog</u> with mustard, tomato sauce, cheese and onion	
Pumpkin soup with bread roll	\$4,50

PASTA'S

Napolitana (V)	\$4.00
Cheesy (V) All served with cheese	\$4.00
Bolognaise	\$4.50

SNACKS

popcorn salted	\$1.90
Red rock chips sea salt or honey soy	\$1.40
JJ's chicken or pizza flavour	\$1.40
ovalteenies	\$1.30
fruit nuggets	\$.60c
fruit Salad	\$1.50

DRINKS

<u>Water</u>	\$2.00
<u>Juicee crush 250ml</u>	\$2.00
apple, orange, apple blackcurrant tropical	
<u>Glee sparkling 99% fruit juice</u>	\$2.00
Tropical treat, bubble gum grape, blackcurrant burst, Rock 'n' raspberry, Sour Lime	
<u>Big M</u>	\$3.00
chocolate or strawberry 250ml	

SMOOTHIES

<u>Monday</u>	
Raspberry Smoothie	\$2.00
<u>Tuesday</u>	
Mango Smoothie	\$2.00
<u>Wednesday</u>	
Blueberry Smoothie	\$2.00
<u>Thursday</u>	
Mixed Berry	\$2.00
<u>Friday</u>	
Banana Smoothie	\$2.00

ICY TREATS

Slushie	\$2.00
frozen yoghurt: Strawberry/Vanilla or mango/Watermelon or Chocolate/Vanilla	\$2.60
Calipo	\$1.30
Zooper Dooper	.50c
Calippo Minis	\$1.20
Icy Twist	\$1.70
Everest Icecream:	
Strawberry or Chocolate or Vanilla	\$1.60