



FLAGSTAFF HILL PRIMARY SCHOOL CANTEN MENU TERM 2-3 2020



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)) \$5.00

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

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	
<u>Extras - add 50c ea. - Lettuce, cheese, tomato, pickled onion, cucumber, gherkin, carrot, mustard, chutney, Ham</u>		

HOT MEALS

Baked Potato w Bacon, cheese, sour cream, onion, coleslaw \$5.00

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

Vegetarian curry with rice (VE) \$5.00

Homemade Lasagne with chef's salad \$5.00

FEATURED

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

DAILY SPECIALS

Tuesday Sushi -tuna, Vegetarian or Chicken (ea.)

\$2.50

Wednesday

Fish and Salad with potato gems \$4.50

Thursday

Potato gnocchi with tomato sauce \$5.00

Friday Teriyaki beef with Rice and Asian salad

\$5.00

Check out our Monday Specials on QKR

HOT FOOD

Balfours Meat pie \$4.50

Balfours sausage roll \$3.50

Roast pumpkin soup with garlic bread \$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) \$0.50c

chicken noodle cup \$3.00

Chicken nugget roll w/ sauce \$4.00

Chicken Nugget roll w/ lettuce and mayo \$4.50

Ham, Cheese and tomato croissant \$4.00

Chicken Nuggets (each) \$0.80c ea.

PIZZAS

Ham and pineapple \$3.70

Margherita (tomato and cheese) \$3.50

BBQ Chicken \$3.70

PASTA

Napolitana (V) \$4.00

Cheesy (V) All served with cheese \$4.00

Bolognaise \$4.00

BURGERS

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

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

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

Slushy \$2.00

Frozen yoghurt: Blueberry or mango \$2.00

Paddle pop: choc, rainbow, caramel \$1.50

Icy twist \$1.00 **Calipo** \$1.00

Zooper Dooper.50c **Iced Mony .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

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

Extra Mayo and Tomato sauce 0.20c ea.
(gf) Gluten free (df) Dairy free
(VE) Vegan (V) Vegetarian