

Everyday Foods

Can be chosen everyday and are healthy choices.

Wraps Available



Sandwiches

Vegemite	\$2.00
Cheese.....	\$2.50
Cheese & tomato	\$3.00
Ham/shredded chicken breast.....	\$2.50
Ham & Cheese (lite cheese).....	\$3.00
Ham, cheese, & tomato	\$3.50
Chicken breast shredded & cheese	\$3.00
Salad	\$3.50
Ham & salad	\$4.50
Chicken breast shredded & salad ..	\$4.50
Egg	\$2.80
Egg & lettuce	\$3.00
Jam (thin spread) strawberry.....	\$2.00
Tuna	\$2.50
Honey	\$2.00

Extras:

Add egg	\$0.80
Add roll	\$0.50
Add wrap	\$0.80

Toasted sandwiches – no extra charge



Fruit



Apple.....	\$1.00
Banana	\$1.00
Fresh Fruit Cups—	
seasonal fruits—see noticeboard	\$1.00
Tinned Fruit Cups (peaches).....	\$1.00
Frozen fruit bites	\$0.05

Snacks

Cheese & veg scroll (Canteen made)..	\$1.00
Pizza scroll (Canteen made)	\$1.00
Ham & cheese roll (Canteen made) ...	\$1.00
Custard cups \$0.80 with fruit...	\$1.00
Popcorn (Canteen made)	\$0.50 GF
Hard boiled egg	\$0.80 GF
Jelly ...(99.9% fruit juice).....	\$0.80 GF
Jelly & custard	\$1.00 GF
Jelly & fruit.....	\$1.00 GF
Jelly, custard & fruit.....	\$1.50 GF
Pikelets	\$0.30

Salad Boxes



Salad (lettuce, carrot, beetroot, tomato cucumber, cheese)	\$4.50 GF
Caesar Salad	\$4.50
Salad & ham/chicken meat diced.	\$4.50 GF
Tuna salad	\$4.50 GF
1/2 size salad box	\$3.00
Extras: Mayonnaise	\$0.30
Egg.....	\$0.80

Hot Food



Chicken burger (Canteen made)	\$3.50
Add cheese	\$4.00
Pizza (Canteen made)	
Hawaii, Ham & cheese, Chicken	\$4.00
Cheese	\$3.00
Cheeseburger (meat patty, cheese & tomato sauce).....	\$3.50
Hamburger (meat patty, lettuce, tomato, cheese, cucumber, beetroot & carrot)....	\$4.00
Lasagne(250g).....	\$4.00
Lasagne(250g).....	\$4.00 GF
Pasta bolognese(250g).....	\$4.00
Pasta bolognese(250g).....	\$4.00
Pasta bolognese(250g).....	\$4.00 GF
Macaroni cheese(250g).....	\$3.00
Garlic bread (Canteen made).....	\$0.50
Corn cob	\$0.50 GF
Chicken Quesadilla	\$3.00
Nacho	\$4.00 GF
Burrito	\$4.00
Fried Rice	\$3.00



Winter Warmers

Term 2 & 3 only

Soup of the day (with garlic bread)	\$4.00
Butter chicken & rice.....	\$4.00 GF
Loaded Potato (sour cream, ham, cheese, spring onion)	\$3.50 GF
Add pineapple.....	\$0.50
Meatball sub	
(meatballs, pasta sauce, cheese).....	\$3.00
Hot chicken gravy roll (mash potato)..	\$3.00

Drinks



Oak light flavoured milks (Chocolate, strawberry, vanilla malt)	\$2.50
Fruit juices..... (apple, orange, apple/blackcurrant)	\$2.50
Bottled water (350ml)	\$1.00
Bottled water (600ml).....	\$1.50
Up & Go (chocolate, vanilla).....	\$2.50
Slushies	\$2.50
Juice Bombs (7 flavours)	\$2.50
Hot Chocolate	\$2.00
Hot or Cold milo	\$2.00



Homemade

Ice-Blocks

Milk iceblocks (chocolate, strawberry, vanilla malt)	\$1.00
Snapstix (grape, raspberry, pineapple) (half).....	\$0.50
(full).....	\$1.00

Occasional Foods

Moderate levels of saturated fat and/or added sugar and/or salt and should not be chosen everyday.



Hot Food

Chicken Breast Nuggets	5 for...	\$3.50
Chicken fingers	5 for...	\$3.50
Sausage roll		\$3.50
Large pie.....		\$4.00
Sauce – tomato, BBQ, sweet chilli...		\$0.50

Snacks



Chips (Sea Salt chips, Sour cream Grain waves)	\$1.50
Homemade muffins (daily flavour)....	\$0.50
Homemade biscuits (daily flavour)...	\$0.30
Bliss balls	\$0.10
Banana Bread (Canteen made).....	\$0.50

Blackalls Park Public School Canteen Menu 2023



Canteen Open
Mon, Tues, Wed and Fri
8:30 am – 11:50 am



**Look out for Specials
in
Quickcliq**