## **BALAKLAVA SCHOOLS CANTEEN**

• GREEN - CHOOSE PLENTY V AMBER - SELECT CAREFULLY GF - GLUTEN FREE Canteen Manager - Lisa Watson 08 8862 0600 Canteen.bhs940@schools.sa.edu.au

| Canteen Manager - Lis  | sa vvaison uo oot | oz 0000 Canteen.biis940@sciioois.sa.e      | uu.au  |
|--|-------------------|--|--------|
| HOT OPTIONS  |                   | <b>COLD OPTIONS</b>                        |        |
| <ul> <li>Spaghetti Bolognese</li> </ul>                                | \$5.00            | Salad Bowl GF \$5.20 or Junior Salad       | \$2.80 |
| <ul> <li>Beef Lasagne</li> </ul>                                       | \$5.00            | Salad Bowl w/Ham GF                        | \$6.40 |
| <ul><li></li></ul>   | \$6.00            | Salad Bowl w/Chicken GF                    | \$7.00 |
| <ul> <li></li></ul>  | \$6.00            | Salad Bowl w/Beef or Tuna GF               | \$6.90 |
| √ Hot Chicken Roll with Mayo   | \$4.20            | Salad Bowl w/Crumbed Fish                  | \$7.70 |
| ✓ Pork Fried Rice  | \$5.40            |  |        |
| √ BBQ Chicken Roll \$4.50 or Junior                                    | \$2.80            | <b>BAKED POTATOES</b>                      |        |
| • Ham & Cheese Roll \$3.80 or Junior                                   | \$2.00            | Plain                                      | \$2.50 |
| <ul> <li>         √ Chicken Burger -Cheese &amp; Sauce     </li> </ul> | \$4.40 <b>√</b>   | Ham GF \$1.20 or Chicken                   | \$1.80 |
| <ul> <li>         √ Beef Burger -Cheese &amp; Sauce     </li> </ul>    | \$4.40            | Beetroot or Pineapple                      | \$0.70 |
| <ul> <li>         √ Beef or Chicken or Fish Burger w/salace</li> </ul> | \$5.00            | Sour Cream                                 | \$0.80 |
| √ Sweet Chilli or Plain Chicken Tender                                 | \$1.80            | Cheese                                     | \$0.50 |
| √ Chicken Nugget   | \$0.60 √          | Margarine                                  | \$0.30 |
| √ Chiko Roll   | \$2.60            |  |        |
| √ Mrs Macs Sausage Roll  | \$4.00            | SANDWICH, ROLL or WRA                      |        |
| √ Mrs Macs Party Pie   | \$1.50            | Sandwich - Buttered                        | \$1.00 |
| √ Mrs Macs Lite Beef Pie   | \$6.00            | Roll - Buttered                            | \$1.20 |
| √ Hot Noodles - Beef or Chicken  | \$2.20            | Wrap - small                               | \$1.00 |
| √ Mc Cains Pizza Singles - Ham & Pinea                                 |                   | Wrap - Large                               | \$1.50 |
| Cheese & Bacon   | \$3.00            | Chicken \$1.80 or Ham                      | \$1.20 |
| <ul> <li></li></ul>  | \$2.50            | Tuna or Beef                               | \$1.70 |
| <u> </u>   |                   | Egg  | \$0.70 |
| VEGETARIAN OPTION  |                   | Salad (lettuce, tomato, carrot & cucumber) | \$3.50 |
| √ Macaroni Cheese  | \$4.50            | Cheese or Beetroot                         | \$0.50 |
| √ Spring Roll - Small  | \$0.70            | Vegemite or Mayo                           | \$0.50 |
| √ Hash Brown   | \$1.00            | EXTRAS                                     |        |
| √ Bag Seasoned Wedges  | \$2.00            | Gerkin, Pineapple or Carrot                | \$0.80 |
| Corn Cobbettes   | \$1.60            | Cucumber, Tomato or Lettuce                | \$1.00 |
| Vegetarian Fried Rice GF   | \$4.50            | Avocado                                    | \$0.80 |
| ✓ Mrs Macs Vegetarian Pasty  | \$5.10            | √ Sauce or Sweet Chilli                    | \$0.30 |
| • Lasagne GF   | \$5.00            | Caramelised Onion                          | \$0.80 |
| <ul> <li>Vegan Burger - lettuce, and mayo</li> </ul>                   | \$6.00            | Sauce Tubs -                               | \$0.80 |
| TOASTED SANDWIG  | CH                | Tomato, Sour Cream or Sweet Chilli         | ,      |
| <ul><li>Cheese</li></ul>   | \$2.00 —          | ,  |        |
|  | 40.00             |  |        |

\$3.20

\$4.00

\$3.30

Ham & Cheese

Cheese & Tomato

Ham, Cheese & Tomato

Orders can be placed via Qkr! before 9am

#### **SNACKS**

|     | Red Rock Chips-H   | oney Soy or Sea Salt   | \$1.60 |
|-----|--------------------|------------------------|--------|
|     | Jumpys Chicken C   | hips                   | \$1.30 |
|     | Banana Bread (Ho   | memade)                | \$2.00 |
| •   | Fruit Salad        | small \$2.00 or Large  | \$4.00 |
| •   | Watermelon Tub     | small \$1.50 or Large  | \$3.00 |
|     | Grain Waves        |                        | \$1.40 |
| • 1 | Buttermilk Scone   | with Spread            | \$1.30 |
|     | Milky Max Chocola  | ate Custard            | \$1.10 |
| •   | Apple or Banana    |                        | \$1.00 |
|     | Corntos - BBQ or   | Cheese                 | \$1.00 |
|     | Vege Chips - BBC   | ), Chicken or Salt & V | inegar |
|     |                    |                        | \$3.00 |
|     | Jelly Cup - Orange | e or Strawberry        | \$1.50 |

### **DRINKS**

|   | 250ml Up & Go-                          | \$2.50 |   |
|---|---|--------|---|
|   | Vanilla, Strawberry, Chocolate or Banan | a      |   |
|   | 600ml Oak - Chocolate, Strawberry       | \$4.30 | M |
|   | Banana, Vanilla or Eggnog               |        |   |
|   | 250ml Oak - Chocolate or Strawberry     | \$2.40 |   |
|   | 300ml Oak - Chocolate or Strawberry     | \$2.80 |   |
|   | 400ml Zymil Lactose Free Chocolate      | \$3.80 |   |
|   | 250ml Juice - Apple, Orange or          | \$2.20 |   |
|   | Apple & Blackcurrant                    |        |   |
|   | 250ml Iced Tea - Peach, Lemon,          | \$2.60 |   |
|   | Raspberry or Blackcurrant               |        |   |
| • | 600ml Dads Pure Water                   | \$2.00 |   |
| • | 200ml Devondale Full Cream Milk         | \$1.40 |   |
|   | 500ml Oak Plus Vanilla & Chocolate      | \$5.00 | M |
|   |   |        |   |

## **ICE BLOCKS**

| $\sqrt{}$ | Icy Bites                          | \$0.60 |
|-----------|------------------------------------|--------|
| $\sqrt{}$ | Sour Snap Sticks                   | \$1.00 |
| $\sqrt{}$ | Calippo Raspberry & Pineapple      | \$1.70 |
| $\sqrt{}$ | Paddle Pop - Rainbow or Chocolate  | \$2.90 |
| $\sqrt{}$ | Frozen Juice - Orange or Apple     | \$1.00 |
| $\sqrt{}$ | Low Fat Vanilla Ice Cream Tub GF   | \$1.60 |
| $\sqrt{}$ | Lemonade Icy Twist                 | \$1.90 |
| $\sqrt{}$ | Moosie - Blue Moon, Choc or Strawb | \$1.70 |
| $\sqrt{}$ | Krazy Krush small \$2.00 or large  | \$2.80 |
| $\sqrt{}$ | Cyclone                            | \$3.70 |
| $\sqrt{}$ | Ice Monys                          | \$1.00 |

# DAILY SPECIALS

#### **MONDAY**

| Baked Potato                    |        |
|---------------------------------|--------|
| Margarine & Cheese (vegetarian) | \$3.00 |
| Margarine & Beef Bolognese      | \$5.50 |
| Grated Cheese                   | \$0.50 |
| Sour Cream                      | \$0.80 |
| Salad Bowl                      | \$4.70 |
| Salad Bowl with Chicken         | \$6.50 |
| Salad Bowl with Ham             | \$5.90 |
| Salad Bowl with Beef            | \$6.40 |
|                                 |        |

## **TUESDAY**

Wedges & Gravy Bag of Wedges



\$4.00

\$2.00

## **WEDNESDAY**

| Chicken Tender Roll -Lettuce & Mayo | \$5.50 |
|-------------------------------------|--------|
| Chicken Tender Wrap -Lettuce & Mayo | \$5.50 |
| Junior Chicken Tender Roll          | \$3.20 |
| Junior Chicken Tender Wrap          | \$3.20 |

#### **THURSDAY**

| Plain Hotdog  |        |           | \$3.20 |
|---------------|--------|-----------|--------|
| Cheese add    | \$0.50 | Sauce add | \$0.30 |
| Junior Hotdog |        |           | \$1.70 |
| Cheese add    | \$0.30 | Sauce add | \$0.20 |

## **FRIDAY**

| Chicken Pasta Bake (Homemade)           | \$6.00 |  |
|---|--------|--|
| Butter Chicken & Rice (Homemade)        | \$6.00 |  |
|   |        |  |
| Chicken or Beef Burger with Cheese &    |        |  |
| Sauce                                   | \$3.90 |  |
| Chicken, Beef or Fish Burger with Salad | \$4.50 |  |
| Vegan Burger with Lettuce and Mayo      | \$5.50 |  |

AVAILABLE TO BHS STUDENTS ONLY



<sup>\*</sup> PRICES SUBJECT TO CHANGE WITHOUT NOTICE