



23/9/21

# BALAKLAVA SCHOOLS CANTEEN

## TERM 4 2021 TERM 1 2022 SUMMER MENU

● GREEN - CHOOSE PLENTY ✓ AMBER - SELECT CAREFULLY GF - GLUTEN FREE

Canteen Manager - Lisa Watson 08 8862 0600 Canteen.bhs940@schools.sa.edu.au

### HOT OPTIONS

- Spaghetti Bolognese \$4.50
- Beef Lasagne \$4.50
- Beef Ravioli \$4.50
- ✓ Honey Soy Chicken & Rice \$4.50
- ✓ Chicken Tender Roll -Lettuce & Mayo \$6.00
- ✓ Chicken Tender Wrap -Lettuce & Mayo \$6.00
- ✓ Hot Chicken Roll with Mayo \$4.20
- ✓ Pork Fried Rice \$4.50
- ✓ BBQ Chicken Roll \$4.50 or Junior \$2.80
- Ham & Cheese Roll \$3.80 or Junior \$2.00
- ✓ Chicken Burger -Cheese & Sauce \$4.20
- ✓ Beef Burger -Cheese & Sauce \$4.20
- ✓ Beef or Chicken Burger with Salad \$4.60
- ✓ Sweet Chilli or Plain Chicken Tender \$1.80
- ✓ Chicken Nugget \$0.60
- ✓ Chiko Roll \$2.50
- ✓ Mrs Macs Sausage Roll \$3.40
- ✓ Mrs Macs Party Pie \$1.30
- ✓ Hot Noodles - Beef or Chicken \$2.20
- ✓ McCains Pizza Singles - Ham & Pineapple or Cheese & Bacon \$2.60

### VEGETARIAN OPTIONS

- ✓ Macaroni Cheese \$4.50
- Hot Cheese Roll \$2.30
- ✓ Spring Roll - Small \$0.60
- ✓ Dim Sim \$1.50
- ✓ Hash Brown \$0.80
- ✓ Bag Seasoned Wedges \$2.00
- Corn Cobbettes \$1.60
- Vegetarian Fried Rice GF \$4.50
- ✓ Mrs Macs Vegetarian Pasty \$4.50

### COLD OPTIONS

- Salad Bowl GF \$4.80 or Junior Salad \$2.40
- Salad Bowl w/Ham GF or Chicken \$6.30
- Salad Bowl w/Beef or Tuna GF \$6.30

### BAKED POTATOES

- Plain \$2.50
- ✓ Ham GF \$1.00 or Chicken \$1.50
- Beetroot or Pineapple \$0.70
- Sour Cream \$0.80
- Cheese \$0.50
- ✓ Margarine \$0.30

### SANDWICH, ROLL or WRAP

- Sandwich - Buttered \$1.00
- Roll - Buttered \$1.20
- Wrap - small \$1.00
- Wrap - Large \$1.50
- Chicken \$1.50 or Ham \$1.00
- Tuna or Beef \$1.70
- Egg \$0.50
- Salad (lettuce, tomato, carrot & cucumber) \$2.80
- Cheese or Beetroot \$0.50
- Vegemite or Mayo \$0.50

### EXTRAS

- Gerkin, Pineapple or Lettuce \$0.70
- Cucumber, Tomato or Carrot \$0.70
- ✓ Avocado \$0.80
- ✓ Sauce or Sweet Chilli \$0.30
- Caramelised Onion or Cream Cheese \$0.80
- ✓ Sauce Tubs - \$0.80  
Tomato, Sour Cream or Sweet Chilli

### TOASTED SANDWICH

- Cheese \$2.00
- Ham & Cheese \$3.00
- Ham, Cheese & Tomato \$3.70
- Cheese & Tomato \$3.20

Orders can be placed via Qkr!  
before 9am



## SNACKS

- ✓ Red Rock Chips-Honey Soy or Sea Salt \$1.60
- ✓ Banana Bread (Homemade) \$1.60
- Fruit Salad small \$2.00 or Large \$4.00
- Watermelon Tub small \$1.00 or Large \$2.00
- Vaalia Vanilla Yoghurt 160gm GF \$2.40
- ✓ Buttermilk Scone with Spread \$1.30
- ✓ Muffin (Homemade - Assorted) \$1.20
- ✓ Milky Max Chocolate Custard \$1.00
- Apple or Mandarin \$0.80
- ✓ Corntos - BBQ or Cheese \$1.00
- ✓ Vege Chips - BBQ, Chicken or Salt & Vinegar \$2.70
- ✓ Jelly Cup - Orange or Strawberry \$1.30

## DAILY SPECIALS

### MONDAY

- Baked Potato
- Margarine & Cheese (vegetarian) \$3.00
- Margarine & Beef Bolognese \$5.00
- Grated Cheese \$0.50
- Sour Cream \$0.80
- Salad Bowl (Chicken, Ham, Beef or Tuna) \$5.80



### TUESDAY

- 1/4 Chicken, Wedges & Gravy \$6.80
- Wedges & Gravy \$3.50
- Bag of Wedges \$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

## DRINKS

- ✓ 250ml Up & Go- \$2.20  
Vanilla, Strawberry, Chocolate or Banana
- ✓ 600ml Oak - Chocolate, Strawberry \$3.80
- Banana, Vanilla or Eggnog
- ✓ 250ml Oak - Chocolate or Strawberry \$2.20
- ✓ 300ml Oak - Chocolate or Strawberry \$2.50
- ✓ 400ml Zymil Lactose Free Chocolate \$3.60  
Or Strawberry
- ✓ 250ml Juice - Apple, Orange or \$2.20  
Apple & Blackcurrant
- ✓ 250ml Iced Tea - Peach, Lemon, \$2.50  
Raspberry or Blackcurrant
- 600ml Dads Pure Water \$2.00
- 200ml Devondale Full Cream Milk \$1.40

## ICE BLOCKS

- ✓ Icy Bites \$0.60
- ✓ Calippo Raspberry & Pineapple \$1.70
- ✓ Paddle Pop - Rainbow or Chocolate \$2.40
- ✓ Frozen Juice - Orange or Apple \$1.00
- ✓ Low Fat Vanilla Ice Cream Tub GF \$1.50
- ✓ Lemonade Icy Twist \$1.70
- ✓ Moosie - Blue Moon, Choc or Strawb \$1.50
- ✓ Krazy Krush small \$2.00 or large \$2.80
- ✓ Cyclone \$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) \$5.50
- Butter Chicken & Rice (Homemade) \$5.50
- Chicken or Beef Burger with Cheese &  
Sauce \$3.70



\* PRICES SUBJECT TO CHANGE WITHOUT NOTICE



AVAILABLE TO BHS STUDENTS ONLY