



Blakehurst Public School



Blakehurst Bites Winter Menu 2024

THE CANTEEN IS OPEN 5 DAYS A WEEK

Lunch orders must be placed by 8.30am using the online ordering system on the QKR app.

Blakehurst Bites is a **GREAT CHOICE** Canteen. Our menu meets the Healthy School Canteen Strategy and offers over 75% everyday food choices and less than 25% occasional food choices.

All the food served in our canteen is made fresh on site, and our ingredients are sourced locally, chosen for freshness and quality and come from local suppliers.

If you have any special dietary needs or menu suggestions, please see our friendly canteen staff or email us at blakehurstpscanteen@gmail.com

To be ordered via the QKR app before 8.30am.

The Triple B! Blakehurst Bento Box (Available Everyday)



\$8.50

Customise your very own delicious bento box by picking an item from each section to make your own healthy lunch. The ultimate make your own lunch box comes in a bento box with compartments! Or if you don't have time, choose from our Blakehurst Bites Bento Favourites!

Bento Favorites!

<u>The Big Bird Bento</u>	<u>The Vego Bento</u>	<u>The Wednesday Bento</u>	<u>The Friday Bento</u>
Pitta toastie round	Steamed rice	Steamed Rice	Pitta toastie round
3 chicken bites	3 vegie balls	3 chicken bites	3 chicken bites
A mixed salad	A mixed salad	Cucumber & carrot Sticks	Cucumber & carrot Sticks
Watermelon & apple chunks	A seasonal fruit salad	Watermelon & apple chunks	Watermelon & apple chunks
Add in your dipping sauce pick!	Add in your dipping sauce pick!	Add in your dipping sauce pick!	Add in your dipping sauce pick!

Or create your own Bento Box!

Bread (choose 1)	Protein (choose 1)	Veg (choose up to 2)	Fruit
2 sandwich ¼'s (choose your fillings)	3 chicken breast bites, with panko crumbs	Either choose	Pick 2 from
8 rice crackers with cheese (GF)	2 honey soy chicken drumettes (GF)	Salad mix of lettuce, tomatoes, cucumber, carrots	Watermelon chunks
Steamed rice with or without soy (GF)	3 homemade vegie balls	OR PICK 2 from	Apple pieces
Pitta toastie round	1 boiled egg (GF)	Lettuce	Rockmelon chunks
Fresh buttered bread		Carrot sticks	Orange pieces (seasonal)
		Cucumber sticks	Seasonal fruit chunks (check FB or QKR)
		Cherry tomatoes	
		Cheese cubes	

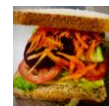
Finally - Pick a sauce from tomato, mayo, tzatziki, vinaigrette or hommus.

EVERYDAY LUNCH ITEMS

Rolls / Wraps / Sandwiches - to be ordered via the QKR app before 8.30am.

All sandwiches made on daily fresh wholemeal bread. Wraps & rolls (30c extra). Gluten free bread (\$1.20 extra).

Honey	\$3.00
Vegemite	\$3.00
Cheese	\$3.50
Ham Sandwich	\$4.00
Salad Sandwich (<i>lettuce, tomato, cucumber & carrot</i>)	\$4.50
Tuna & Mayo Sandwich	\$4.50
Ham & Cheese Sandwich	\$4.50
Gourmet Egg & Mayo Sandwich	\$4.50
Gourmet Curried Egg & Mayo Sandwich	\$4.50
Gourmet Chicken Sandwich (<i>chicken, mayo</i>)	\$5.00
Extra Fillings – Options: <i>lettuce, tomato, cucumber, beetroot & cheese (cost per filling)</i>	.50c
Extra Protein Fillings – Options: <i>egg, chicken or ham (cost per filling)</i>	\$1.00



 **Buy a ham sandwich and milk or juice combo for only \$6.50**

Toasted Sandwiches

Cheese	\$4.00
Cheese & Tomato	\$4.50
Ham & Cheese	\$5.00
Ham, Cheese & Tomato (TOASTIE ONLY)	\$5.50
Tuna & Cheese (TOASTIE ONLY)	\$5.00
Chicken & Cheese (TOASTIE ONLY)	\$5.50

 **Buy a cheese toastie and milk or juice combo for only \$6.50**

Manoosh Monday Lunch Items – (GF available) - to be ordered via the QKR app before 8.30am

Fresh and delicious Lebanese pizza delivered from Flourbomb Carlton

Zaatar Pizza	\$4.50
Margarita Pizza (<i>cheese & tomato sauce</i>)	\$5.00
Pepperoni Pizza	\$5.50
Ham and Cheese Pizza	\$5.50
Vegetarian Pizza (<i>cheese, pineapple, capsicum, mushroom & olives</i>)	\$6.50
Add a Mini Mixed Side Salad (<i>lettuce, tomato & cucumber</i>) add Vinaigrette for free	\$2.00

Sushi Tuesday Lunch Items - to be ordered via the QKR app before 8.30am

Sushi Hand Rolls Available in Brown and White Rice \$4.60 each

Chicken Teriyaki & Avocado
Chicken Teriyaki & Cucumber
Chicken Teriyaki & Lettuce
Plain Avocado
Cooked Tuna & Cucumber
Cooked Tuna & Avocado
Carrot & Cucumber (<i>vegetarian</i>)
Chicken Schnitzel and Lettuce
Raw Salmon & Avocado (\$4.90 each)



Mini Sushi Boxes (15 small pieces) \$6.80 each

All Cooked Tuna
All Cucumber
All Avocado
Mixed box: ½ Cucumber & ½ Cooked Tuna
Mixed box: 5 pieces each (Avocado, Tuna & Cucumber)
Chicken Schnitzel
Raw Salmon (\$7.00 each)



Large Sushi Boxes (8 large pieces)

\$7.80 each

Chicken Teriyaki and Lettuce

Cooked Tuna and Avocado

Cooked Tuna and Cucumber

California (Crab) Box

Chicken Schnitzel and Lettuce

Special Large Box – Salmon & Avocado (\$8.50 each)



Wow it's Wednesday Lunch Items - to be ordered via the QKR app before 8.30am

Honey Soy Drumsticks with Rice (Marinated chicken drums on a bed of rice)

\$6.00

Add on a side of Vegies (carrot and corn)

.50c

Chicken Burrito (Marinated shredded chicken, rice & salsa with or without cheese & sour cream)

\$6.50

Veggie Burrito (Veggies, beans, salsa and your choice of cheese, sour cream and avocado)

\$6.50

Thankful Thursday Lunch Items - to be ordered via the QKR app before 8.30am

Pasta Bolognese (delicious canteen-made sauce) Add mozzarella cheese 50c extra

\$6.00

Add a mini mixed Salad (lettuce, tomato & cucumber) Add vinaigrette for free

\$2.00

Plain Pasta with Cheese

\$3.50

Chicken Tender Wrap – Canteen crumbed chicken tender wrap with your choice of filling

\$6.50

Favorite Friday Lunch Items - to be ordered via the QKR app before 8.30am

Our awesome homemade burgers come served in a wholemeal roll with your choice of lettuce, tomato, cucumber, carrot, cheese and sauce. (GF available)

Hamburger (canteen-made beef burger)

\$6.80

Chicken Burger (Fresh tasty, marinated chicken breast fillet)

\$6.80

Vege Burger (canteen-made patty packed with veggies)

\$6.80

The Cheeseburger (Fresh canteen-made beef burger, tasty cheese and tomato sauce)

\$5.50

Add a Healthy Side Combo!



Make any of the daily lunches into a meal by adding a mini Seasonal Fruit Cup and a Juice or Milk for only \$4.00 extra!! A delicious and easy way to get your kids eating more fruit & veggies!

EVERYDAY RECESS ITEMS

Made fresh to order via the QKR app before 8.30am or buy over the counter

Daily Recess Items

Hot Chocolate

\$3.00



Daily Snack Pack Deal - A Cheese Melt & Hot Chocolate for a great price

\$4.00

Manic Monday Recess Items

Corn Fritter with Dip (made yummy & fresh to order on the day)

\$2.00

Cacao banana bread (baked fresh in the canteen)

\$1.50

Terrific Tuesday Recess Items

Pizza Scroll (made fresh in the canteen)

\$1.50

Gingerbread Men (made from scratch right here in our canteen with only good stuff!)

\$1.00

Wow it's Wednesday Recess Items

Cookie of the Week (<i>made and baked fresh in canteen</i>)	\$1.00
Mac & Cheese Cup	\$2.50
Mac & Cheese Quesadilla (<i>made fresh to order on the day</i>)	\$3.00

Thanks it's Thursday Recess Items

5 Mini Dim Sims with or without Soy (<i>chicken or beef</i>)	\$3.00
Cupcake (<i>baked fresh in the canteen</i>)	\$1.00

Thank Goodness it's Friday Recess Items

Waffle (<i>canteen made</i>)	\$1.00
Mini Pizzas (<i>Canteen-made cheese, margarita, ham & cheese</i>)	\$2.00

DAILY OVER THE COUNTER ITEMS

Available Lunch and Recess

Drinks

Water 600ml	\$1.50
100% Juice Poppa 250ml (<i>orange, apple, apple & blackcurrant</i>)	\$2.50
Oak Light Flavoured Milk (<i>chocolate, strawberry</i>)	\$3.00
Watermelon Chill J -100% Sparkling Fruit Juice	\$2.70
Up & Go (<i>chocolate, banana</i>)	\$3.00

Snacks

Egg – Free-range	\$1.00
Seaweed Snack	\$1.50
Breadstick & veggie stick cup with dip	\$3.00
100% Fruit Juice Jelly Cups (<i>canteen made, 99% fruit juice with no colours & no nasties</i>)	\$1.00
Seasonal Veggie Stick Cup (add dip 50c)	\$2.00
Cheese & Cracker (8 crackers & 4 mini slices of cheese)	\$1.00
Piece of Seasonal Fruit	\$1.20
Apple Slinky	\$1.50
Seasonal Fruit Salad Cup (<i>add yoghurt 50c</i>)	\$2.50
Watermelon Cup	\$2.50
Frozen Watermelon Slices	\$1.50
Frozen Grapes	\$1.00
Red Rock Deli Chips – Sea Salt	\$2.20
Grainwaves - Sour Cream Chives	\$2.20
Popcorn Piranha	\$2.20
Pretzels – (Parkers)	\$2.00

Ice Block Range

Quelch Sticks	.80c
Apple & Blackcurrant Frozen Juice Cup	\$1.00
Frozen Milk Cup	\$1.00
Twisted Frozen Yoghurt (<i>mango/strawberry</i>)	\$3.00
Chocolate Moosie	\$2.00
Juicie Tubes (<i>lemonade, orange, tropical & wildberry</i>)	\$1.50
Plain Jane Vanilla Ice Cream	\$1.50
TNT – (<i>sour watermelon, sour berry</i>)	\$1.50
Snapstix 99% Fruit juice (<i>flavour varies each week</i>)	\$1.00

