



Blakehurst Bites Summer Menu Term 1 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</i> (cost per filling)	.50c
Extra Protein Fillings – Options: <i>egg, chicken or ham</i> (cost per filling)	\$1.00



 **Buy a ham and milk or juice combo for only \$6.00**

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 Pizza Box Kogarah.

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 \$4.50 each

- Chicken Teriyaki & Avocado
- Chicken Teriyaki & Cucumber
- Chicken Teriyaki & Lettuce
- Plain Avocado
- Cooked Tuna & Cucumber
- Cooked Tuna & Avocado
- Carrot & Cucumber (*vegetarian*)
- Chicken Schnitzel and Lettuce
- Raw Salmon & Avocado



Mini Sushi Boxes (15 small pieces) \$6.50 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



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 \$8.00 each



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

Chicken Tender Wrap – Chicken tender wrap with your choice of filling

\$6.50

(choose your sauce (BBQ, tomato, tzatziki, mayo)

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

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

Pasta Bolognese (delicious homemade sauce) Add mozzarella cheese 50c extra

\$6.00

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

\$2.00

Nachos (GF) Corn chips topped with tasty shredded chicken

\$6.50

(Served with your choice of cheese and / or sour cream, lettuce and/or tomato)

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

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

Hamburger (homemade beef burger)

\$6.80

Chicken Burger (Fresh tasty marinated chicken breast fillet)

\$6.80

Vege Burger (homemade burger packed with veggies)

\$6.80

The Cheeseburger (Fresh homemade 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 - to be ordered via the QKR app before 8.30am

Fresh Fruit Smoothies – Yummy seasonal fruit (strawberry, banana)

\$3.00

Frozen Watermelon Slushies – 100% fruit. (made fresh on site from frozen fruit only - no nasties)

\$3.00

Manic Monday Recess Items

Pasta Cups (with cheese or fetta/cheese mix)

\$2.50

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

\$1.00

Muffin of the Week (baked fresh in canteen)

\$1.50



Manic Monday - Recess Snack Pack Deal!

Order a smoothie with a muffin

\$4.00

Terrific Tuesday Recess Items

Chocolate Brownie (an old favourite with hidden zucchini - trust us they will never know)

\$1.50

Cheese Melts (½ wholemeal roll topped with cheese)

\$1.50



Terrific Tuesday - Recess Snack Pack Deal!

Order a Smoothie with a Cheese Melt

\$3.50

Wow it's Wednesday Recess Items

Quesadilla – Choose cheese \$2.50, ham & cheese \$3.00 or chicken & cheese \$3.50. Salsa optional
Cookie of the Week *(made and baked fresh in canteen)*

\$1.00



Wow it's Wednesday - Recess Snack Pack Deal!

Order a Smoothie with Cheese Quesadilla

\$4.50

Thanks it's Thursday Recess Items

Rice Cup with soy

\$1.50

Choc Cinnamon Scroll *(made fresh in the canteen)*

\$1.50

Gyoza (chicken or pork)

per piece .90c



Thanks it's Thursday - Recess Snack Pack Deal!

Order a Smoothie with 3 Chicken Gyoza

\$5.00

Thank Goodness it's Friday Recess Items

Waffle

\$1.00

Mini Pizzas

\$2.00



Thank Goodness it's Friday - Recess Snack Pack Deal!

Order a Smoothie with a Mini Pizza

\$4.00

DAILY OVER THE COUNTER ITEMS

Available Lunch and Recess

Drinks

Water 600ml

\$1.50

100% Juice Poppa 250ml (orange, apple, apple & blackcurrant)

\$2.50

Oak Light Flavoured Milk (chocolate, strawberry)

\$3.00

Watermelon Chill J -100% Sparkling Fruit Juice

\$2.70

Up & Go (chocolate, banana)

\$3.00

Snacks

Egg – Free-range

\$1.00

Breadstick & veggie stick cup with dip

\$3.00

100% Fruit Juice Jelly Cups *(canteen made, 99% fruit juice with no colours & no nasties)*

\$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

\$1.50

Apple Slinky

\$1.50

Seasonal Fruit Salad Cup (add yoghurt 50c)

\$2.50

Frozen Watermelon Slices

\$1.50

Red Rock Deli Chips

\$2.20

Grainwaves - Sour Cream Chives

\$2.20

Popcorn

\$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 (mango/strawberry)

\$3.00

Moosies - (chocolate, strawberry)

\$2.00

Juicie Tubes (lemonade, orange, tropical and wildberry)

\$2.00

Plain Jane Vanilla Ice Cream

\$1.50

Juice Treats – 100% juice – no nasties

\$1.20

TNT – (sour watermelon, sour strawberry)

\$1.50

