



Blakehurst Public School



Blakehurst Bites Winter Menu 2020

THE CANTEEN IS OPEN 5 DAYS A WEEK

Lunch orders must be placed by 9.00am using the online ordering system www.flexischools.com.au

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.

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

EVERYDAY LUNCH ITEMS – To be ordered on Flexischools before 9am.

Tucker Boxes

\$5.50

A tasty combination of toasted pita bread triangles, cheese, lettuce, tomato, cucumber and carrot sticks with a choice of protein and our delicious dips or sauce of hummus, tzatziki, or tomato veg salsa. (Gluten free available)

3 x Home-made Crumbed Chicken Pieces

3 x Honey Soy Chicken Drumettes (GF)

2 x Mini Lamb Kofta (add .50c)

2 x Slices of Ham

1 x Free Range Boiled Egg (GF)

1 x Vege Burger (V)



Rolls / Wraps / Sandwiches

All sandwiches are freshly made on wholemeal bread. Wraps, Rolls and Gluten free bread are **50c extra**.

Vegemite

\$2.50

Cheese

\$3.00

Egg & Mayo, Tuna & Mayo, Ham or Chicken

\$4.00

Salad Sandwich (lettuce, tomato, cucumber & carrot)

\$3.50

Extra Fillings – Options: lettuce, tomato, cucumber, carrot & cheese (cost per filling)

.50c

Extra Protein Fillings – Options: egg, chicken, ham or tuna (cost per filling)

\$1.00

Add Mayo

\$0.50

Toasted Sandwiches

Cheese

\$3.00

Cheese & Tomato

\$3.50

Ham & Cheese

\$4.00

Ham, Cheese & Tomato

\$4.00

Drinks Available at Lunch & Recess - available daily

Water 600ml

\$1.50

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

\$2.00

Oak Light Flavoured Milk (chocolate or strawberry)

\$2.00

Manoosh Monday Lunch Items – (GF available)

Fresh and delicious Lebanese pizza delivered from Pizza Box.

Zaatar Pizza

\$3.50

Margarita Pizza (cheese & tomato sauce)

\$4.00

Hawaiian Pizza

\$4.50

Vegetarian Pizza (cheese, pineapple, capsicum, mushroom & olives)

\$4.50

Add a Green Salad (lettuce, tomato & cucumber)

\$2.00

Terrific Tuesday Lunch Items

Butter Chicken & Rice (GF) (warm & tasty, not spicy freshly cooked curry served with Basmati Rice)	\$5.00
Honey Soy Chicken & Rice (marinated chicken drumsticks on a bed of rice with optional mixed veggies)	\$5.00
Boiled Rice Cup (add soy option for free)	\$2.00

Wow it's Wednesday Lunch Items – (GF available)

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



Hamburger (homemade beef burger)	\$5.00
Chicken Burger (our New Recipe of fresh tasty marinated chicken breast fillet)	\$5.00
Vege Burger (homemade burger packed with veggies)	\$5.00

Thursday is Pasta & Pizza Lunch Items

All of our delicious pastas are cooked fresh each day. (GF Available)

Pasta Bolognese (delicious homemade sauce)	\$5.00
Pasta Napolitana (V) (delicious homemade tomato sauce)	\$4.50
Superhero Pizza (vegetarian, cheese, spinach and cheese, meat and cheese, BBQ chicken & meat)	\$4.00

'Friyay' Friday Lunch Items

Mac & Cheese (V) (GF available) (macaroni cooked in a cheesy sauce topped with melted cheese)	\$4.50
Parmi Pasta Bake	\$5.00
(Yummy pasta spirals in homemade Napolitana sauce topped with chicken parmi pieces & melted cheese)	
Chicken Dippers (homemade crumbed chicken served with dipping sauce, cucumber & carrot sticks)	\$5.00

Would you like Fruit or Veg with that?

Make any of the daily lunches into a meal by adding a mini Seasonal Fruit Cup or Veggie Stick Cup AND a drink for only **\$2.50** extra!! A delicious and easy way to get your kids eating more fruit & veggies!

Everyday Recess Items – Made Fresh to Order

Fresh Fruit Smoothies – Yummy Seasonal Fruit \$2.50
(strawberry, banana, "green" fruit Salad)

Hot Chocolate (homemade recipe with fresh milk) \$2.50

Manic Monday Recess Items

½ **Toasties** (cheese, ham & cheese) \$1.50

Bliss Bombs (homemade apricot & vanilla treat) .50c

Terrific Tuesday Recess Items

Mini Zaatar Pizza (topped with delicious herbs) \$1.50

Mini Rice Cups (boiled rice with soy sauce) \$1.00

Fruit Muffins (baked fresh with fresh fruit) \$1.00

Wow it's Wednesday Recess Items

Cheese melts (½ wholemeal roll topped with cheese) \$1.50

Savory Cheesy Muffins (made hot & fresh) \$1.00

Anzac Biscuits (baked fresh) .50c

Thanks it's Thursday Recess Items

Mini Pasta Cups (topped with Napolitana or cheese) \$1.50

Zaatar Slices (pita slice topped with delicious herbs) .50c

Rice Pudding (delicious & made fresh in the canteen) \$1.00

'Friyay' Friday Recess Items

Mini Pizzas (pita topped with cheese & Tomato) \$1.50

Corn on the Cob (freshly steamed ½ a cob) \$1.00

Piklets (served plain or with spread) .50c

Daily Over the Counter Snacks Lunch & Recess

Bread Sticks 20c each or 3 for 50c

Seasonal Veggie Stick Cup (add dip 50c) \$1.00

Cheese & Cracker \$1.00

Piece of Seasonal Fruit \$1.00

Apple Slinky \$1.50

Seasonal Fruit Salad Cup (add yoghurt 50c) \$1.50

Frozen Fruit Rockets \$1.00

(seasonal chunky fruits on a stick)

Frozen Orange Wedges .50c

Frozen Watermelon Slices \$1.00

Atomic Popcorn \$1.50

Pretzels \$1.50

Quelch Sticks .50c

Juice Tubes (lemonade or wildberry) \$1.50

Weis Mango Passionfruit Bar \$2.00

Vaalia Kids Yoghurt Pouch \$2.00

(vanilla or strawberry)



Recess Snack Pack Deal!

Order a fresh fruit smoothie or hot chocolate with the savoury snack of the day for only **\$3.50**

