



Balaklava Schools Canteen Price List 2016



All foods abide by the Right Bite Strategy

Code G = Green – Choose plenty A = Amber – Select carefully RED = Will only be available on special days

HOT FOOD				COLD FOOD			
G	Blasta Pasta Spaghetti Bolognese	\$3.80	G	Salad Bowl	\$4.00		
G	Blasta Pasta Lasagna	\$3.80	G	Salad Bowl with Ham or Beef or Chicken	\$4.70		
A	Pizza Roundas	\$3.10	G	Can Tuna & Crackers	\$2.00		
A/G	Chicken tenders with lettuce & Mayo Roll	\$4.80	G	Cold Cheese Roll	\$2.00		
A	Hot Chicken roll with Mayo	\$3.50					
A	Ham & Pineapple Sub	\$2.00					
A	BBQ Chicken Sub	\$2.30	G	Baked Potatoes	\$2.50		
A	BBQ Chicken Roll	\$3.50	A	Ham	\$0.60		
G	Ham & Cheese Roll	\$3.00	A	Chicken	\$1.00		
A/G	Beef/Chicken Burger with salad on Roll	\$4.20	A	Coleslaw	\$0.50		
A	Pork Fried Rice	\$3.80	G	Beetroot	\$0.50		
A	Sweet Chilli Tenders	\$1.60	G	Cheese	\$0.50		
A	Chicken Nuggets	\$0.50	G	Pineapple	\$0.50		
G	Chiko Roll	\$2.00	G	Sour Cream	\$0.50		
			A	Margarine	\$0.30		

NO POTATOES ON WEDNESDAYS

VEGETARIAN OPTIONS				ICE BLOCKS			
G	Macaroni Cheese	\$3.80	A	Icy Bites	\$0.50		
A/G	Vege Burger with salad on Roll	\$4.20	A	Frozen OJ or Apple Tub (Term 1 & 4 Only)	\$0.60		
G	Hot Cheese Roll	\$2.30	G	Calippo Raspberry	\$1.10		
A	Small Spring Rolls	\$0.60	A	Low fat Vanilla Ice Cream Tub	\$1.50		
A	Large Spring Rolls	\$2.10	G	Bulla Fruit & Yoghurt	\$1.40		
A	Dim Sims	\$1.50	G	Paddle Pop Rainbow, Chocolate, Banana	\$1.80		
G	Corn Cobettes 50g	\$1.60	A	Swing Chocolate/Strawberry	\$2.20		
G	Bean Submarine	\$3.20	G	Frozen Yoghurt Mango, Strawberry Tub	\$1.50		
G	Muffin with Creamed Corn, Tuna & Cheese top	\$2.60	G	Slushies Grape, Tropical, Cola, Pine Lime	\$1.70		
G	Vegetarian Sub	\$2.20					
A	Hash Browns	\$0.50					
A	Corn Jacks	\$2.00					

SANDWICH / ROLL / WRAPS				SNACKS			
		SANDWICH	DOUBLE CUT ROLLS	WRAPS	A	Honey Soy or Sea Salt Red Rock Chips	\$1.30
G	Salad	\$3.20	\$4.20	\$3.70	A	Banana Bread	\$2.20
G	Tuna/Lettuce/Mayo	\$3.20	\$4.20		A	Double Chocolate Muffins	\$2.20
G	Meat or Tuna & Salad	\$3.70	\$4.70	\$4.20	G	Fruit Salad Tubs	\$2.60
G	Meat & Salad Small			\$3.20			
G	Plain Meat or Tuna	\$2.20	\$3.20	\$2.20			
G	Chicken/Lettuce/Mayo	\$3.20	\$4.20				
G	Egg	\$2.20	\$3.70		G	300ml Full Cream Plain Milk	\$1.40
G	Cheese	\$1.70	\$3.00		G	200ml Up & Go Strawberry, Chocolate, Vanilla, Banana	\$2.20
G	Peanut Paste	\$1.70			G	300ml Oak Chocolate & Strawberry	\$2.00
G	Vegemite	\$1.70			G	250ml Orange Juice	\$2.00
					G	250ml Apple Juice	\$2.00
					G	250ml Apple & Black Current Juice	\$2.00
					G	600ml Chocolate, Strawberry, Caramel, Mint Choc	\$3.30
					G	600ml Spring Water	\$1.50

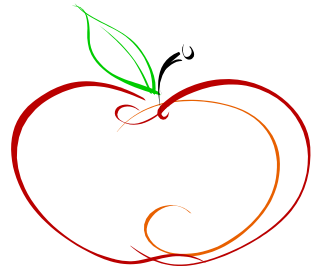
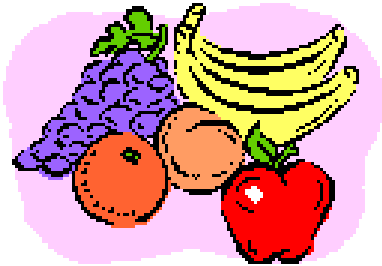
** Included in all Sandwiches/Rolls/Wraps are Tomato, Cucumber, Lettuce & Carrot

Extras for Sandwiches & Rolls		
G	Gherkins, Pickled Onion, Pineapple,	\$0.50
	Cheese, Avacado, Egg, Lettuce,	\$0.50
	Tomato, Cucumber, Carrot all each	\$0.50
A/G	Sauce, Mayo, sweet Chilli,	\$0.30
	Caramelised onion, Cream Cheese	\$0.50
A	Sweet Chilli, Tomato, Sour Cream Sauce Tub	\$0.50

DAILY SPECIALS

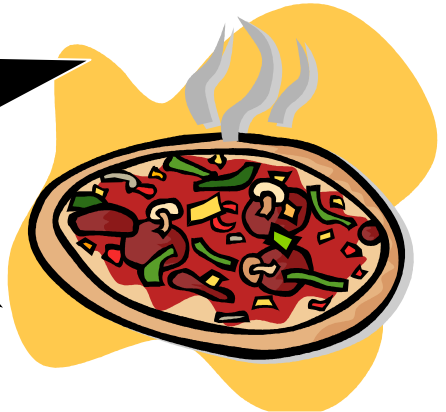
MONDAY

Build your own Wrap
See price list for
options
Small \$3.20
Large \$4.20



TUESDAY

Pizza
Ham & Pineapple
Supreme
\$2.50



WEDNESDAY

Toasted Sandwiches

Ham & Cheese	\$3.20
Ham & Tomato	\$3.20
Cheese & Tomato	\$3.20
Ham, Cheese & Tomato	\$3.70

Chicken Nuggets, Wedges & Salad	\$4.50
Chicken Tenders, Wedges & salad	\$5.00



Thursday

WHOLE HOT DOGS \$3.20

+ Cheese .50+ Sauce .30

½ Hot Dogs Plain \$1.70

½ Hot Dog & Cheese \$2.00

½ Hot Dog & Sauce \$ 1.90

½ Hot Dog Cheese & Sauce \$2.20

FRIDAY

Pie - Meat, Potato

Pasty - Meat, Vegetarian

\$4.80

Sausage Roll **\$3.50**