

Bligh Park Public School

Food Coding
G- Green fill the menu
A- Amber select carefully
R- Red only
occasionally GF-
Gluten free

Mornign Kick Start

Toast – jam or honey (A)	\$1.50
Watermelon cup (G)	\$2.80
Fresh fruit salad (G)	\$2.80
Fresh seasonal fruit (G)	\$1.50
Up and Go – chocolate or strawberry	\$3.00

Treats

Low fat banana bread (A)	\$2.80
Assorted mini muffins (A)	\$2.30

Salad Bar

Garden salad (G & V)	\$3.50
Caesar salad (G)	\$4.50
Chicken Caesar salad (G)	\$5.00

Sandwiches

(white/wholemeal/multigrain)

Vegemite (G)	\$2.00
Tasty cheese & lettuce (G)	\$3.50
Tasty cheese (G)	\$3.50
Tasty cheese & tomato (G)	\$3.80
Lean roast chicken (G)	\$3.80
Lean roast chicken, lettuce & mayo (G)	\$4.30
Lean lite ham, tomato & cheese (G)	\$4.30

Wraps

Chicken wrap (A)	3.80
Ham wrap (A)	3.80
Chicken tandoori wrap (A)	3.80

Bread rolls \$1.00 extra

Gluten free bread also available

Toasties

Cheese (G)	3.50
Cheese & tomato (G)	3.80

Snacks

Assorted chip packets	2.20
Orchy juice cup (G)	1.50
Zooper Doopers	1.00

A wide selection of foods will be available for purchase over the counter for breakfast and at both breaks - but not necessarily all foods on the menu. Placing an order is the only way to ensure your choice is available at any given time. Check the school newsletters & displays out front of the canteen for new items & meal deals.

Term 3 2022

Hot Food

Meat pie (A)	4.80
Sausage roll (A)	4.30
Mini pie (A)	1.50
Mini sausage roll (A)	1.50
Chicken nuggets x 4 (A)	3.80
Chicken nuggets x 5 (A)	4.30
Chicken nuggets x 6 (A)	4.50
Chicken burger (A)	5.30
Garlic bread (A)	2.20
Nachos with salsa & cheese (A)	4.80
Oven baked potato wedges (A)	4.00
Chicken nuggets x 4 with mash potato	5.30

Pasta

Penne napolitana (G & V)	4.50
Spaghetti bolognese (A)	4.80
Mac & cheese (A)	4.80
Fried rice (A & V)	3.80
Butter chicken with rice (A)	5.30
Cheese pizza	3.80
Cheese & olive pizza	4.00

Foccaia

Ham – smoked ham, tomato & cheese(A)	5.30
Chicken – chicken, lettuce & mayo (A)	5.30
Falafel – falafel, cheese, tomato & pesto (A)	5.50

Meal Deals (available daily)

4 Nuggets & a milk popper or bottle of water	5.50
Chicken burger & bottle of water	6.80
Penne napolitana, garlic bread & bottle of water	7.80
Cheese tomato sandwich & juice popper	6.00
5 Fish fingers & bottle of water	5.80
Hot dog & bottle of water	5.80

Beverages

Water 600mL (G)	2.50
100% Juice popper (G)	2.50
Milkshakes (A)	3.30
Flavoured milk (A)	2.50

