

Balgowlah Boys Canteen Menu



Breakfast (8:30am daily)

Seasonal fruit: apples, oranges & bananas	\$1.00
Watermelon	\$2.00
Yoghurt with muesli & berries	\$4.00
Bacon & egg rolls	\$5.50
Up & Go	\$2.50
Homemade chia raspberry & Greek yoghurt	\$4.00

Lunch specials (1.00pm)

Monday

Meatball Subs	\$6.00
Sushi rolls (chicken katzu, tuna & cucumber, chicken teriyaki & avo)	\$4.00

Tuesday

Sweet chilli chicken burger	\$6.00
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Wednesday

Sushi rolls (chicken katzu, tuna & cucumber, chicken teriyaki & avo)	\$4.00
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Thursday

Cheeseburger	\$6.00
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Friday

Butter chicken & rice	\$6.00
Sushi	\$4.00

Hot food (available every day)

Lean beef pie	\$4.00
Lean sausage roll	\$3.00
Spinach & ricotta roll (v)	\$3.00
Pizza slice	\$3.50
Homemade pasta bolognaise	\$6.00
Pesto pasta	\$5.00
Chicken Taco	\$3.50

Wraps & rolls

Plain roll	\$1.00
Vegemite roll	\$2.50
Cheese salad roll	\$5.00
Chicken salad roll	\$5.50
Ham salad roll	\$5.50
BLT roll	\$5.50
Garlic Bread	\$1.50

Salads (all made in-house)

Chicken pasta salad	\$6.00
Greek salad (lettuce, tomato, cucumber, red onion, feta & olives)	\$5.50
Lentil salad	\$5.00
Chicken, feta & chickpea salad	\$6.00

Cakes

Muffins	\$3.00
Banana Bread	\$3.00
Ice fruit cup	\$1.00
Popcorn	\$2.00

Drinks

Small flavoured milk	\$2.50
Plain milk	\$2.00
Water	\$2.00
'Supa' juices	\$3.00
Juice Bomb	\$2.50
Waterfords flavoured water	\$3.00
Aloe Original or Peach	\$3.50
Large Flavoured Milk	\$3.50

Nov 2022

For more menu items go to [Flexischools](#)

*Thank you!
for supporting our school.*