

# Canteen Menu 2025 – Benowa State High School

## Breakfast 7:00am – 8:40am

Hot Chocolate	\$4.50
Hash Browns (V)	\$1.50
Bacon & Egg Muffins	\$5.00
Ham & Cheese Croissants	\$4.50
Assorted Fruit and Toasties <b>G/F Available</b>	

## Healthy Snacks

Fresh Fruit Cup (V) (GF)	\$3.80
Fresh Fruit, Greek Yoghurt & Muesli (V)	\$4.20

## Toasted Kebabs: Tuesday Only

Mediterranean Lamb	\$7.00
BBQ Lamb	\$7.00
Sweet Chilli Chicken	\$7.00
BBQ Chicken	\$7.00
Mediterranean Vegetarian (V)	\$7.00
Falafel Kebab (V)	\$7.00

## Toasted Wraps:

Ham & Cheese	\$3.80
Chicken & Cheese (BBQ or S/C Sauce)	\$4.20

## Toasties: G/F Available

Cheese & Tomato (V)	\$3.50
Ham & Cheese	\$4.20
Ham, Cheese & Tomato	\$4.50
Chicken & Cheese	\$4.50
Bacon & Egg with BBQ Sauce	\$5.00

## Toasted Turkish Rolls:

Chicken/ Ham	\$6.00
Vegetarian (V)	\$5.00
Pesto Chicken	\$6.50
Pesto Vegetarian (V)	\$6.00
Toasted Crispy Chicken Knot Roll	\$6.00

## Hot Food:

King Size Sausage Roll	\$4.50
Cheese & Spinach Roll (V)	\$5.00
Supreme Meat Pie	\$5.00
Traveller Beef Pie	\$4.50
Chunky Angus Aussie Beef Pie	\$5.00
Chunky Angus Beef & Mushroom Pie	\$5.00
Hot Dog with Tomato Sauce	\$4.50
Home Made Pasta Bolognese	\$6.00
Home Made G/F Pasta Bolognese (GF)	\$6.50

## Home Made Pizzas: G/F Available

BBQ Chicken	\$6.00
Ham & Cheese, and/or Pineapple	\$6.00
Pepperoni	\$6.00
Cheese (V)	\$6.00

## Home Made Burgers:

Chicken	\$5.50
Peri Peri Flame Grilled Chicken	\$6.00
Beef	\$6.00
Beef & Cheese	\$6.50
Hot & Spicy Chicken	\$6.00
The Benowa Burger	\$6.50
Veggie Burger (V)	\$6.50

## Fresh Salads Bowls:

Chicken Caesar	\$6.50
G/F Chicken Caesar (GF)	\$7.00
Greek Salad (V)	\$6.00
Grilled Chicken with Pasta & Basil Pesto	\$6.50
G/F Chicken Pasta & Basil Pesto (GF)	\$7.00
Mediterranean Salami Salad	\$6.50
Grilled Chicken Salad	\$6.50
Fresh Garden Salad (V)	\$6.00
Falafel Couscous Salad (V)	\$6.50

## Pasta Cups:

Grilled Chicken Pasta Pesto Cup	\$4.50
Vegetarian Pasta Pesto Cup (V)	\$4.20
G/F Chicken Pesto Pasta Cup (G/F)	\$5.00

## Sandwiches:

### G/F Available Extra \$1.00

Cheese & Tomato (V)	\$3.50
Egg & Lettuce (V)	\$4.20
Chicken & Mayo	\$4.20
Chicken, Lettuce & Mayo	\$4.50
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$4.20
Tuna Salad	\$4.50
Ham & Salad	\$4.80
Cheese & Salad (V)	\$4.50
B.L.T. – Bacon, Lettuce & Tomato	\$4.50
B.L.A.T – Bacon, Lettuce, Avo & Tomato	\$4.80
Salami, Cheese, Lettuce, Tomato Mayo	\$4.50
Vegemite & Cheese (V)	\$3.50

## Wraps Fresh:

Chicken, Avo & Salad	\$5.50
Sweet Chilli Chicken Tender & Salad	\$6.00
Ham & Salad	\$5.50
Vegetarian Salad (V)	\$5.50

## Sushi:

Assorted Long Rolls (G/F Tuna)	\$4.00
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## Sushi Bowls: (GF)

Chicken or Tuna on Sushi Rice with Cucumber & Carrot topped with Teriyaki Sauce and Japanese Mayo	\$6.00
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# Canteen Menu 2025 – Benowa State High School

## **Nachos Fri – YAY! (Friday Only) Gluten Free**

**Beef or Navajo Bean Nachos** \$7.00

### **Snacks:**

Norco Tasty Cheese & Crackers	\$3.00
Assorted Chips 45g	\$3.00
Muffins	\$2.50
Banana Bread	\$3.00
Brownie	\$3.00
Cookies (G/F)	\$3.50
Small Muffins	\$1.00
Lamington Fingers (x3)	\$1.00

### **Frozen Treats:**

Zooper Doopers	\$1.00
TNT Sour Stick	\$1.20
Frozen Fruit Juice Cups	\$1.00
Swing	\$2.50
Lemon Sorbet	\$2.50
Bulla Frozen Yoghurt	\$3.00
Ice Creams	\$3.00
Paddle Pop	\$3.00
Cyclone	\$3.50

### **Drinks:**

300ml Flavoured Milk	\$3.00
500ml Flavoured Milk	\$4.00
500ml – Bundy 100% Juice	\$4.00
500ml Sparkling Water	\$2.50
1L Pop Top Water	\$3.00
600ml NU Water	\$2.00
Glee Juice Drinks	\$3.00
Groove	\$3.00
Waterfords	\$3.50
Aloe Mate	\$4.50
Lipton Iced Tea	\$4.50
Gatorade	\$4.50
Up & Go	\$3.50

*We provide a range of delicious and healthy menu options for students and staff. Throughout the term there will be a selection of daily specials which may include:*

*Chicken & Bacon Fried Rice  
Butter Chicken  
Pulled Chicken Burrito Boxes  
Thai Green Curry with Jasmine Rice  
Grilled Chicken Teriyaki Boxes  
Soups and Lots more.*

*Specials are updated on Flexischools and students are informed of specials via the Student Notices.*

*Online ordering is available:*

*[www.flexischools.com.au](http://www.flexischools.com.au)*

*Orders close each morning at 9am.*

*Please let us know if your child is unwell as we are unable to refund orders after 10am.*

*Students are welcome to pre order lunch in the Canteen, before school.*

*The Canteen accepts card or cash payments.*

***Do you have a food allergy or dietary requirement?***

***We offer some Gluten Free (GF), Vegetarian ( V) And Vegan ( Ve) options. Please speak with our Canteen Convenor, should you have any queries.***