

Canteen Menu 2023 – Benowa State High School

Breakfast 7:00am – 8:40am

A selection of toasties, fresh sushi, fruit, yoghurt, banana bread, milk and fruit juice.

Self Service only. From \$2.50

Healthy Snacks

Fresh Fruit Cup (V)	\$3.80
Fresh Fruit, Greek Yoghurt & Muesli (V)	\$4.00
Greek Yoghurt – assorted flavours	\$3.50

Toasted Kebabs: Monday - Thursday

Mediterranean Lamb	\$7.00
BBQ Lamb	\$7.00
Sweet Chilli Chicken	\$6.80
BBQ Chicken	\$6.80
Mediterranean Vegetarian	\$6.50

Toasted Wraps:

Ham & Cheese	\$3.80
Chicken & Cheese	\$4.20

Toasties:

Cheese & Tomato	\$3.20
Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.20
Chicken & Cheese	\$4.50
Bacon & Egg with BBQ Sauce	\$4.80

Toasted Turkish Rolls:

Chicken/ Ham	\$6.00
Vegetarian	\$5.00
Toasted Crispy Chicken Knot Roll	\$6.00

Hot Food - Daily

King Size Sausage Roll	\$4.00
Cheese & Spinach Roll (V)	\$4.50
Supreme Meat Pie	\$4.50
Traveller Beef Pie	\$4.00
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 Pizzas

BBQ Chicken	\$6.00
Ham & Cheese, and/or Pineapple	\$6.00
Pepperoni	\$6.00
Cheese	\$5.50

Home Made Burgers

Chicken	\$5.50
Peri Peri Flame Grilled Chicken	\$6.00
Garden Veg & Lentil Burger (V)	\$6.00
Beef	\$5.50
Beef & Cheese	\$6.00
The Works	\$6.50
The Benowa Burger	\$6.00

Fresh Salads

Chicken Caesar	\$7.50
Greek Salad (V)	\$6.50
Grilled Chicken with Pasta & Basil Pesto	\$7.50
Mediterranean Salami Salad	\$7.00
Grilled Chicken Salad	\$7.50
Fresh Garden Salad (V)	\$6.50

Pasta Cups:

Grilled Chicken Pasta Pesto Cup	\$4.50
Vegetarian Pasta Pesto Cup (V)	\$4.20

Sandwiches

Cheese & Tomato (V)	\$3.20
Egg & Lettuce (V)	\$3.50
Chicken & Mayo	\$3.80
Chicken, Lettuce & Mayo	\$4.00
Ham & Tomato	\$3.50
Ham, Cheese & Tomato	\$4.00
Tuna Salad	\$4.20
Ham Salad, with Hommus & Avo	\$4.50
Cheese & Spinach Salad (V)	\$4.20
B.L.T. – Bacon, Lettuce & Tomato	\$4.20
B.L.A.T – Bacon, Lettuce, Avo & Tomato	\$4.50
Salami, Cheese, Lettuce, Tomato & Mayo	\$4.20

Wraps:

Chicken, Avo & Salad	\$5.80
Ham & Salad	\$5.50
Vegetarian – Fresh Salad!	\$5.00

Fresh Turkish Rolla:

Chicken Salad	\$6.00
Ham Salad	\$6.00
Vegetarian	\$5.00
Crispy Chicken Knot Roll with Caesar Dressing	\$6.00

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SUSHI! \$3.80

Long Rolls:

Chicken
Chicken & Avo
Chicken Teriyaki
Chicken Teriyaki & Avo
Sweet Chilli Chicken
Tuna Mayo (GF)
Tuna Avo (GF)
Chicken Karaage (GF)
Chicken Karaage & Avo (GF)
California (GF)
Vegetarian (GF)

Snacks!

Norco Tasty Cheese & Crackers	\$2.00
Red Rock Deli – Honey Soy / Sea Salt	\$1.50
Grainwaves	\$1.50
Pretzels / Rice Cracker Mix	\$1.50
Banana Bread	\$3.00
Banana Bread – Gluten Free	\$3.50
Small Muffins	\$1.00
Lamington Fingers (x3)	\$1.00

Frozen Treats

Zooper Doopers	\$0.80
TNT Sour Stick	\$1.20
Frozen Fruit Juice Cups –	
Apple/ Orange/ Apple & Blackcurrant	\$1.00
Calippo Mini	\$1.80
Icy Twist	\$2.00
Lemon Sorbet	\$2.50
Twisted Mini Frozen Yoghurt	\$3.00
Bulla Frozen Yoghurt	\$3.00

Drinks

MILK supplied by NORCO

100% Australian Farmer Owned

Full Cream Milk	
300ml	\$2.00
500ml	\$2.50
1L	\$3.50
300ml Milk	
Chocolate/ Coffee/ Strawberry	\$3.00
500ml – ‘Real Iced’ Chocolate/ Coffee/	
Strawberry/ Caramel Latte	\$4.00
Allie’s Fresh Pressed Juices	\$4.00
350ml – Orchy 100% Juice	\$3.00
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
Aloe Mate 500ml	\$4.00
Gatorade Sugar Free	\$4.50

Nachos Fri – YAY!

Beef or Navajo Bean Nachos \$6.50

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 or Chickpea Curry Butter Chickpea
Pulled Pork Burrito Boxes
Thai Green Curry with Jasmine Rice
Grilled Chicken Teriyaki Boxes
Specials are updated on Flexischools and students are informed of specials via the Student Notices.*

Online ordering is available:

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? ***Please ask before you eat.***

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