Blakehurst Public School

Blakehurst Bites Menu Term 4 2025

THE CANTEEN IS OPEN 5 DAYS A WEEK

Lunch orders must be placed by 8.30am using the online ordering system on the QKR app.

Blakehurst Bites is a **GREAT CHOICE** Canteen. Our menu meets the Healthy School Canteen Strategy and offers over 75% everyday food choices and less than 25% occasional food choices.

All the food served in our canteen is made fresh on site, and our ingredients are sourced locally, chosen for freshness and quality and come from local suppliers.

If you have any special dietary needs or menu suggestions, please see our friendly canteen staff or email us at blakehurstpscanteen@gmail.com

To be ordered via the QKR app before 8.30am.

Blakehurst Bento Favorites — $8.50

The Big Bird Bento
(available Tues)

Pitta toastie round

3 chicken bites

A mixed salad

Watermelon & apple chunks

Add in your dipping sauce pick of tomato sauce, mayo, hummus or tzatziki.

The Blakey Bento
(available Tues / Wed / Fri)

Pitta toastie round

2 mini chicken skewers

Popcorn

Your choice of sides:
Watermelon & apple chunks
OR
Cucumber & carrot Sticks

The Friday Bento

Pitta toastie round

3 chicken bites

Your choice of sides:
Watermelon & apple chunks
OR
Cucumber & carrot Sticks

Add in your dipping sauce pick of tomato sauce, mayo, hummus or tzatziki.

EVERYDAY LUNCH ITEMS

Rolls / Wraps / Sandwiches - *to be ordered via the QKR app before 8.30am.*

All sandwiches are made on daily fresh wholemeal bread. Wraps & rolls (20c extra). Gluten free bread (.90c extra).

Honey	$3.00
Vegemite	$3.00
Cheese	$3.70
Ham Sandwich	$4.20
Salad Sandwich *(lettuce, tomato, cucumber & carrot)*	$5.00
Tuna & Mayo Sandwich	$5.50
Ham & Cheese Sandwich	$5.00
Gourmet Egg & Mayo Sandwich	$5.00
Gourmet Curried Egg & Mayo Sandwich	$5.20
Gourmet Chicken Sandwich *(chicken, mayo)*	$5.50
Extra Fillings – *Options: lettuce, tomato, cucumber, beetroot & cheese (cost per filling)*	.60
Lactose cheese	.20
Extra Protein Fillings – *Options: egg, chicken or ham (cost per filling)*	$1.00

SPECIAL OFFER

Add a healthy side combo – Mini fruit salad and drink from $3.00

Buy a ham sandwich and milk or juice combo for only $6.70

Toasted Sandwiches

Cheese	$4.20
Cheese & Tomato	$4.80
Ham & Cheese	$5.50
Ham, Cheese & Tomato (TOASTIE ONLY)	$6.00
Tuna & Cheese (TOASTIE ONLY)	$6.00
Chicken & Cheese (TOASTIE ONLY)	$6.00

Add a healthy side combo – Mini fruit salad and drink from $3.00

Buy a cheese toastie and milk or juice combo for only $6.80

EVERYDAY RECESS ITEMS

Made fresh to order via the QKR app before 8.30am or buy over the counter

Daily Recess Items

Fresh Fruit Smoothies – Strawberry & mango, Mixed berry, banana	$3.00
Frozen Watermelon Slushies – 100% fruit. *(made fresh on site from frozen fruit only - no nasties)*	$3.00
Cheese Melt	$1.50
Garlic Bread - canteen made	$1.50
Pitta Toastie & Dip	$1.80
Rice Cup	$2.00
Chicken Souvlaki Skewer	$3.00
Half a fresh juicy corn cob	$1.00

DAILY OVER THE COUNTER ITEMS

Available Lunch and Recess

Drinks

Water 600ml	$2.00
100% Juice Poppa 250ml (orange, apple, apple & blackcurrant)	$2.50
Oak Light Flavoured Milk (chocolate, strawberry)	$3.50
Chill J -100% Sparkling Fruit Juice	$3.00
Up & Go (chocolate, banana, strawberry)	$3.50

Snacks

Egg – Free-range	$1.20
Breadstick & veggie stick cup with dip	$3.00
100% Fruit Juice Jelly Cups *(canteen made, 99% fruit juice with no colours & no nasties)*	$1.00
Seasonal Veggie Stick Cup (add dip 50c)	$2.50
Cheese & Cracker (8 crackers & 4 mini slices of cheese)	$1.50
Piece of Seasonal Fruit	$1.50
Apple Slinky	$1.50
Seasonal Fruit Salad Cup (add yoghurt 50c)	$2.50
Frozen Watermelon Slices	$1.50
Frozen Grapes	$1.50
Seaweed	$1.50
Red Rock Deli Chips	$2.20
Grainwaves - Sour Cream Chives	$2.20
Popcorn	$2.50

Ice Block Range

Quelch Sticks (raspberry, apple, strawberry & apple blackcurrant)	$1.00
Apple & Blackcurrant Frozen Juice Cup	$1.00
Frozen Milk Cup (strawberry & chocolate)	$1.00
Fruity Dream (canteen made creamy fruit slushie)	$2.00
Twisted Frozen Yoghurt (mango/strawberry)	$3.00
Moosies - chocolate	$2.00
Juicie Tubes (lemonade, orange, tropical and wildberry)	$2.00
Plain Jane Vanilla Ice Cream	$2.00
TNT – (chocolate and raspberry)	$2.00
Snapstix - (pineapple, raspberry, blueberry, watermelon blackcurrant, tutti frutti)	$1.50

WEEKDAY LUNCH AND RECESS ITEMS

to be ordered via the QKR app before 8.30am.

Monday Manoosh Lunch Items

Pizza a Portafoglio - Canteen Made Folded Pizza!

Zaatar Pizza	$4.50
Plain Cheese (no sauce)	$5.00
Margarita Pizza *(cheese & tomato sauce)*	$5.50
Ham and Cheese Pizza	$6.00
Hawaiian	$6.50
BBQ Chicken Pizza *(BBQ sauce shredded chicken & cheese)*	$6.50
Pepperoni Pizza	$6.00

Monday Recess Items

Gingerbread Men *(made from scratch right here in our canteen with only good stuff!)*	$1.00
Wedges	$3.00

Tuesday Sushi Lunch Items

Sushi Hand Rolls Available in Brown and White Rice $4.80 each

Chicken Teriyaki & Avocado
Chicken Teriyaki & Cucumber
Chicken Teriyaki & Lettuce
Plain Avocado
Cooked Tuna & Cucumber
Cooked Tuna & Avocado
Carrot & Cucumber *(vegetarian)*
Chicken Schnitzel and Lettuce
Raw Salmon & Avocado $5.10 each

Mini Sushi Boxes (15 small pieces) $7.50 each

All Cooked Tuna
All Cucumber
All Avocado
Mixed box: ½ Cucumber & ½ Cooked Tuna
Mixed box: 5 pieces each (Avocado, Tuna & Cucumber)
Chicken Schnitzel
Raw Salmon $7.80 each

Large Sushi Boxes (8 large pieces) $8.50 each

Chicken Teriyaki and Lettuce
Cooked Tuna and Avocado
Cooked Tuna and Cucumber
California (Crab) Box
Chicken Schnitzel and Lettuce
Special Large Box – Salmon & Avocado $8.90 each

Tuesday Recess Items

Choc Brownie *(made fresh in the canteen)* $1.00
Dumplings – Vegetarian, chicken $2.30/$2.80
Seasoned Wedges $3.00

Wednesday Lunch Items

Honey Soy Drumsticks with Rice *(marinated chicken drums on a bed of rice)* $6.80
Add on a side of Vegies *(carrot and corn)* .50c
Chicken Nachos - *with your choice of toppings (lettuce tomato sour cream)* $7.00

Wednesday Recess Items

Cookie of the week $1.00
Mini Pikelets with maple syrup $2.50

Thursday Lunch Items

Pasta Bolognese *(delicious homemade sauce)* Add mozzarella cheese *50c extra* $6.80
Plain pasta with Cheese $4.50
Chicken Tender Wrap – Canteen crumbed chicken tender wrap with your choice of salad filling & sauce $7.00
Falafel Wrap - with your choice of sauce and salad filling $7.00

Thursday Recess Items

Seasoned Wedges $3.00
Protein ball $1.20
Muffin of the week $1.50

Friday Lunch Items

All of our awesome homemade burgers come served in a wholemeal roll with your choice of lettuce, tomato, cucumber, carrot, cheese and sauce. (GF available)

Hamburger *(homemade beef burger)* *$7.00*

Chicken Burger *(Fresh tasty marinated chicken breast fillet)* $7.00
The Cheeseburger (Fresh homemade beef burger, tasty cheese and tomato sauce) $5.80

Friday Recess Items

Waffle $1.00
Mini Pizzas $2.50
Mini Zataar $2.00

WE'RE A GREAT HEALTHY SCHOOL CANTEEN
HealthySchoolCanteens.nsw.gov.au