

# healthy canteens menu

## Fresh Is Best

### SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

<b>Vegemite or Jam or Honey</b> <i>EH</i>	\$ 1.50
<b>Cheese</b> <i>EH</i>	\$ 1.70
<b>Ham</b> <i>E</i>	\$ 2.20
<b>Egg or Egg &amp; Lettuce</b> <i>EH</i>	\$ 2.50
<b>Ham &amp; Cheese</b> <i>E</i>	\$ 2.70
<b>Salad</b> <i>EH</i>	\$ 2.70
<b>Chicken</b> <i>EH</i>	\$ 2.90
<b>Tuna</b> <i>EH</i>	\$ 2.90
<b>Ham &amp; Salad</b> <i>E</i>	\$ 3.00
<b>Ham, Cheese &amp; Tomato</b> <i>E</i>	\$ 3.00
<b>Chicken &amp; Cheese</b> <i>EH</i>	\$ 3.20
<b>Chicken, Lettuce &amp; Mayo</b> <i>EH</i>	\$ 3.30
<b>Ham, Cheese &amp; Salad</b> <i>E</i>	\$ 3.30
<b>Chicken, Cheese &amp; Tomato</b> <i>EH</i>	\$ 3.50
<b>Chicken &amp; Salad</b> <i>EH</i>	\$ 3.70
<b>Tuna &amp; Salad</b> <i>EH</i>	\$ 3.70
<b>Gluten Free Bread</b> Add	\$ 1.00

### WRAPS

<b>Cheese Rocket</b> Melted Cheese <i>EH</i>	\$ 2.00
<b>Chicken Pizza Rocket</b> Cheese, Sauce <i>EH</i>	\$ 3.00
<b>Ham Pizza Rocket</b> Cheese, Sauce <i>E</i>	\$ 3.00
<b>Salad</b> <i>EH</i>	\$ 3.70
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
<b>Caesar</b> Lettuce, Bacon, Egg, Cheese, Croutons <i>E</i>	\$ 3.80
<b>Ham &amp; Salad</b> <i>E</i>	\$ 4.00
<b>Ham, Cheese &amp; Salad</b> <i>E</i>	\$ 4.50
<b>Chicken, Lettuce &amp; Mayo</b> <i>EH</i>	\$ 4.50
<b>Sweet Chilli Chicken</b> <i>OH</i>	\$ 4.50
Sweet Chilli Chicken Tenders, Lettuce, Mayo	
<b>Chicken Salad</b> <i>EH</i>	\$ 4.50
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
<b>Chicken Caesar</b> <i>E</i>	\$ 4.90
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons	
<b>SUSHI ROLLS</b>	
<b>Tuna</b> Corn <i>E</i>	\$ 3.40
<b>Teriyaki</b> Vegetarian <i>E</i>	\$ 3.40

### SALAD BOWLS

<b>Garden</b> <i>EH</i>	\$ 3.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
<b>Caesar</b> <i>E</i>	\$ 3.90
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
<b>Sweet Chilli Chicken Tenders</b> <i>EH</i>	\$ 4.80
Lettuce, Tomato, Sweet Chilli Mayo	
<b>Ham</b> <i>E</i>	\$ 4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
<b>Tuna</b> <i>EH</i>	\$ 4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
<b>Chicken</b> <i>EH</i>	\$ 4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
<b>Chicken Caesar</b> <i>E</i>	\$ 4.90
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
<b>Extras</b> Egg, Cheese <i>EH</i>	\$ 1.00

\* The Canteen uses Real, Natural, 100% Breast Chicken for all of our Sandwiches, Wraps and Salads

### PASTA - RICE - NOODLES - NACHOS

<b>Macaroni &amp; Cheese</b> <i>EH</i>	\$ 4.00
<b>Butter Chicken</b> With Steamed Rice <i>EH</i>	\$ 4.00
<b>Lasagna</b> Beef <i>EH</i>	\$ 4.00
<b>Pasta Bolognese</b> Spiral pasta <i>EH</i>	\$ 4.00
<b>Chinese Chicken Fried Rice</b> <i>EH</i>	\$ 4.20
<b>Honey Soy Chicken</b> With Steamed Rice <i>EH</i>	\$ 4.20
<b>Stir Fry Noodles</b> With Beef & Vegetables <i>EH</i>	\$ 4.20
<b>Nachos</b> With A Beef & Cheese Sauce <i>EH</i>	\$ 4.50

### PIES & SAUSAGE ROLLS

<b>Party Pie</b> Low Fat <i>OH</i>	\$ 1.20
<b>Sausage Roll</b> Low Fat <i>OH</i>	\$ 3.00
<b>Meat Pie</b> Low Fat <i>OH</i>	\$ 3.50
<b>Potato Pie</b> Low Fat <i>OH</i>	\$ 4.20

### HOT FAVOURITES

<b>Chicken Breast Nugget</b> Premium <i>OH</i>	\$ 0.70
<b>Fish Finger</b> <i>OH</i>	\$ 0.80
<b>Mini Spring Roll</b> Vegetarian <i>SDR</i>	\$ 0.80
<b>Hash Brown</b> <i>OH</i>	\$ 1.00
<b>Corn Cob</b> <i>E</i>	\$ 1.20
<b>Chicken Wing</b> Hot & Spicy <i>EH</i>	\$ 1.20
<b>Sweet Chilli Chicken Tender</b> <i>OH</i>	\$ 1.70
<b>Garlic Bread</b> <i>OH</i>	\$ 2.00
<b>Cheese &amp; Bacon Roll</b> <i>O</i>	\$ 2.40
<b>Potato Wedges</b> <i>OH</i>	\$ 2.50
<b>Hot Dog</b> With Tomato Sauce <i>OH</i>	\$ 3.00
<b>Cup Noodles*</b> Chicken - Beef - Oriental <i>OH</i>	\$ 3.00
<b>Pizza</b> Bacon & Cheese or Ham & Pineapple <i>O</i>	\$ 3.20
<b>Cheese Pizza</b> Homemade with Pizza Sauce <i>EH</i>	\$ 3.50

## Hot Food

### BURGERS & ROLLS

<b>Sweet Chilli Tender</b> Chicken, Cheese, BBQ <i>OH</i>	\$ 3.50
<b>Chicken</b> Breast Fillet, Lettuce, Mayo <i>EH</i>	\$ 4.20
<b>Cheeseburger</b> Beef, Cheese, Tomato Sauce <i>EH</i>	\$ 4.20
<b>Aussie Beef</b> Tomato, Lettuce, BBQ Sauce <i>EH</i>	\$ 4.20
<b>Fish Fillet</b> Lettuce, Mayonnaise <i>E</i>	\$ 4.20
<b>Vegetarian</b> Lettuce, Mayonnaise <i>E</i>	\$ 4.20
<b>Chicken &amp; Cheese</b> Breast Fillet, BBQ Sauce <i>EH</i>	\$ 4.70

### EXTRAS

30c:	Tomato, Beetroot, Cucumber, Carrot
40c:	Sauce Portion - BBQ or Tomato
50c:	Cheese

\* Cup of Noodles are not put in lunch baskets \*  
Your child must collect noodles from the canteen

(E) EVERYDAY FOODS (O) OCCASIONAL FOODS (SDR) SPECIAL DIETARY REQUIREMENT (H) HALAL

# MEAL DEALS

Choose One Main Item  
Choose One Drink  
Choose One Fruit or Popcorn

### AVAILABLE EVERYDAY - CHOOSE 1



<b>Garden Salad</b> Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$ 5.2
<b>Ham &amp; Salad Sandwich</b>	\$ 5.2
<b>Ham, Cheese &amp; Tomato Sandwich</b>	\$ 5.2
<b>Chicken Breast Nuggets x 4</b>	\$ 5.2
<b>Hot Dog</b> With Tomato or BBQ Sauce	\$ 5.2
<b>Sausage Roll</b>	\$ 5.4
<b>Pizza</b> Homemade Cheese Pizza or Cheese & Bacon Pizza	\$ 5.4
<b>Sweet Chilli Chicken Tenders x 2</b>	\$ 5.4
<b>Vegetarian Spring Rolls x 4</b>	\$ 5.4
<b>Salad Wrap</b> Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$ 5.4
<b>Sweet Chilli Chicken Tender Roll</b> Cheese & BBQ Sauce	\$ 5.5
<b>Meat Pie</b>	\$ 5.5
<b>Sushi Roll</b> Tuna or Teriyaki Veg	\$ 5.5
<b>Chicken Breast Nuggets x 6</b>	\$ 6.0
<b>Pasta - Rice - Noodles - Nachos</b> One \$4 Item From Section	\$ 6.0
<b>Any Salad Bowl</b> One Item From The Section	\$ 6.5
<b>Any Burger or Wrap</b> One Item From The Section	\$ 6.5



Bottle Water 600ml or  
Just Juice Popper or  
Flavoured Milk (Add 50c)



Apple or  
Banana or  
Mandarin or  
Popcorn



If your fruit is unavailable, it will be replaced with another fruit

\$4

Tuesday  
Only

### SUPER TUESDAY DEAL

#### Choose One Sandwich

Honey Jam  
Vegemite Cheese  
Ham Egg

#### Or Something Hot

Chicken Nuggets x 3  
Sweet Chilli Tender Garlic Bread



Bottle Water  
or  
Popper



Popcorn





# Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml  
Plus Choose One Of

- Apple
- Banana



## FRESH FRUITS

Apple <i>E</i>	\$ 1.00	Watermelon Bowl Regular <i>E</i>	\$ 1.80	Frozen Orange Wedges <i>E</i>	\$ 0.30
Mandarin <i>E</i>	\$ 1.00	Watermelon & Grapes Bowl Regular <i>E</i>	\$ 2.00	Frozen Grapes Bowl Regular <i>E</i>	\$ 2.20
Banana <i>E</i>	\$ 1.00	Fruit Salad Bowl Large <i>E</i>	\$ 4.00	Grapes in a Bowl Regular <i>E</i>	\$ 2.20

## Fresh Fruit

## COLD

Milky Max Custard Low Fat Chocolate <i>EH</i>	\$ 1.70
Corn Flakes <i>EH</i>	\$ 2.20
Coco Pops <i>EH</i>	\$ 2.20
Nutri Grain <i>EH</i>	\$ 2.20
Up N Go 250ml Chocolate, Vanilla <i>EH</i>	\$ 2.80
Plain Milk 300ml <i>EH</i>	\$ 1.70
Oak Milk 300ml Chocolate, Strawberry <i>EH</i>	\$ 2.40

## FRESH

Apple <i>E</i>	\$ 1.00
Banana <i>E</i>	\$ 1.00
Mandarin <i>E</i>	\$ 1.00
Watermelon Bowl <i>E</i>	\$ 1.80
Watermelon & Grapes Bowl <i>E</i>	\$ 2.00
Grapes in a Bowl <i>E</i>	\$ 2.20
Fruit Salad Bowl Large <i>E</i>	\$ 4.00

## Breakfast

## HOT

Toast Assorted Spreads <i>EH</i>	\$ 1.00
Hash Brown <i>OH</i>	\$ 1.00
Fruit Toast <i>E</i>	\$ 1.00
Cheese Rocket Wrap <i>EH</i>	\$ 2.00
Cheese & Bacon Roll <i>O</i>	\$ 2.40
Hot Chocolate <i>EH</i>	\$ 1.60

## DAIRY & FRUIT

Whole Fruit Pieces <i>E</i>	\$ 1.00
Jelly Bowl Add Fruit 50c <i>E</i>	\$ 1.30
Milky Max Custard Low Fat Chocolate <i>EH</i>	\$ 1.70
Yoghurt Low Fat Vanilla <i>EH</i>	\$ 2.70
Watermelon Bowl Regular <i>E</i>	\$ 1.80
Grapes in a Bowl Regular <i>E</i>	\$ 2.20
Fruit Salad Bowl Large <i>E</i>	\$ 4.00

## QUICK BITES

Want Wants Rice Crackers <i>O</i>	\$ 0.30
Popcorn <i>EH</i>	\$ 1.00
Brownie <i>O</i>	\$ 1.00
Messy Monkeys Cheese or Burger <i>EH GF</i>	\$ 1.50
Jumpys Chicken <i>O</i>	\$ 1.50
Chips 28gm Honey Soy, Sea Salt <i>OH</i>	\$ 1.70
Gluten Free Salt & Vinegar <i>SDR H GF</i>	
Banana Bread <i>OH</i>	\$ 3.00

## Snacks

## OVER THE COUNTER ONLY

Pizza Buns Homemade Sauce & Cheese <i>EH</i>	\$ 1.50
Crunchy Cup Carrot Sticks & Hummus <i>EH</i>	\$ 1.50
Cheese Pack Cheese & Jatz Crackers <i>EH</i>	\$ 1.50
Calcium Pack <i>EH</i>	\$ 3.00
Cheese & Jatz Crackers + Plain Milk 300ml	
Variety Pack <i>EH</i>	\$ 2.50
Carrot, Cheese, Jatz Crackers, Hummus Dip	

## ICE COLD TREATS

Frozen Juice Cup <i>E</i>	\$ 1.00
Apple, Orange, Apple Blackcurrant	
Fruity Ice <i>O</i>	\$ 0.50
Sour Snap Apart <i>O</i>	\$ 1.00
Zooper Dooper <i>O</i>	\$ 1.00
Icy Pole <i>O</i>	\$ 1.50
Billabong Chocolate or Rainbow <i>O</i>	\$ 2.00
Frozen Milkshake Made In The Canteen <i>O</i>	\$ 3.00

## DRINKS

Plain Milk 300ml <i>EH</i>	\$ 1.70
Oak Flavoured Milk 300ml <i>EH</i>	\$ 2.40
Chocolate, Strawberry	
Quench 350ml Blue or Raspberry <i>OH</i>	\$ 2.50
Up N Go 250ml Chocolate, Vanilla <i>EH</i>	\$ 2.80
Iced Tea 500ml Peach <i>O</i>	\$ 3.30
Aloe Vera 500ml Grape <i>E</i>	\$ 3.30
Hot Chocolate <i>EH</i>	\$ 1.60

## Cold & Drinks

Popper 100% Juice 200ml <i>EH</i>	\$ 1.80
Apple, Orange, Apple Blackcurrant	
Water 600ml <i>E</i>	\$ 2.00
Fruit Shoot 300ml Pop Top <i>E</i>	\$ 2.00
Apple Blackcurrant, Summer Fruits	
Apple or Orange Juice 350ml 100% <i>EH</i>	\$ 2.80

**\*\* With your lunch order "Ice Cold Treats" should be collected from the canteen after the eating period \*\***

## VEGETARIAN

Mini Spring Rolls <i>SDR</i>	\$ 0.80
Corn Cob <i>E</i>	\$ 1.20
Garlic Bread Loaf <i>SDR H</i>	\$ 2.00
Cup of Noodles Oriental <i>SDR H</i>	\$ 3.00
Sushi Roll Teriyaki Vegetable <i>E</i>	\$ 3.40
Cheese Pizza With Pizza Sauce <i>EH</i>	\$ 3.50
Nacho Dippers Tomato Salsa, Cheese <i>SDR H</i>	\$ 5.00
Macaroni & Cheese <i>EH</i>	\$ 4.00
Lasagna Vegetable <i>E</i>	\$ 4.00
Vegetarian Burger Lettuce, Mayonnaise <i>E</i>	\$ 4.20

## GLUTEN FREE - MAIN MEALS

Chicken Nuggets <i>SDR H</i>	\$ 0.80
Garden Salad <i>E</i>	\$ 3.80
Lasagna Beef <i>EH</i>	\$ 4.80
Lasagna Vegetable <i>EH</i>	\$ 4.80
Macaroni & Cheese <i>EH</i>	\$ 4.80
Sausage Beef Roll <i>SDR</i>	\$ 4.60
Meat Pie <i>SDR</i>	\$ 4.90
Nacho Dippers Tomato Salsa, Cheese <i>SDR H</i>	\$ 5.00
<i>* The Below Items Do Not Contain Gluten, but are made in a facility that processes products containing gluten</i>	
Hash Brown* <i>SDR H</i>	\$ 1.00
Nachos* With A Beef & Cheese Sauce <i>EH</i>	\$ 4.50

## Gluten Free & Vegetarian

## GLUTEN FREE - SNACKS

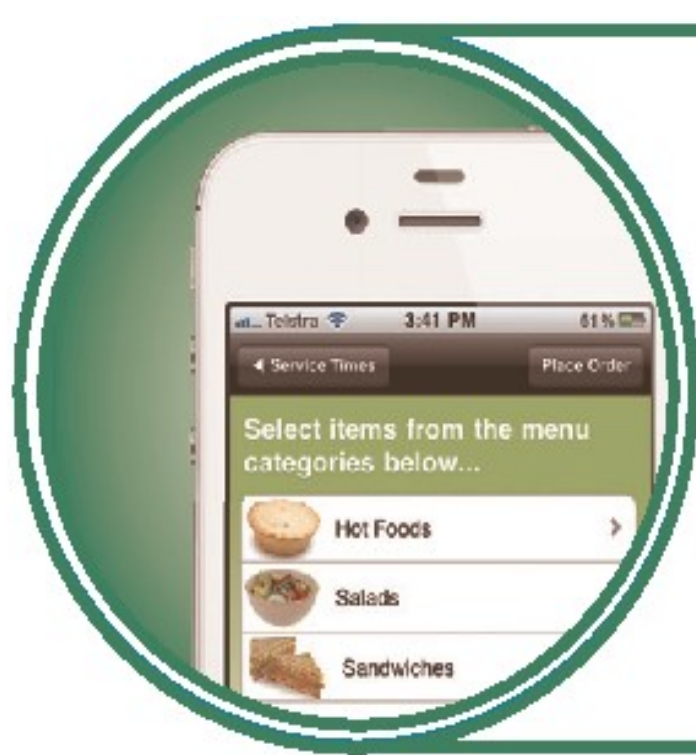
Messy Monkeys Wholegrain Chip Bites 20gm <i>EH</i>	\$ 1.50
Cheese or Burger Flavour	
Smiths Chips 27gm Salt & Vinegar <i>SDR</i>	\$ 1.70
Piranha Rice Snaps <i>SDR H</i>	\$ 2.20

**GLUTEN FREE** Please write **GLUTEN FREE** on your lunch bag  
Gluten Free Items are more expensive than regular items. In many cases, we are selling these at only slightly above cost price.  
More Gluten Free items are on the menu.

**VEGETARIAN** Please write **VEGETARIAN** on your lunch bag  
More Vegetarian items are on the menu.



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