



healthycanteens.com.au

# healthy canteens menu

2020 PRIMARY SCHOOL CANTEEN MENU



HEALTHY CANTEENS FOOD CODES

GREAT CHOICE LOGO EVERYDAY FOOD

RED BOX OCCASIONAL FOOD

## SNACK DEAL

### \$ 2.50

Choose One

Popper - Water - Plain Milk

Fruit Piece Or Popcorn

Add 50c Oak Flavoured Milk



## EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - FRUITS - CUSTARD

SANDWICH & WRAPS	SANDWICH	WRAP	SALAD BOWLS	REG	LGE
VEGEMITE OR JAM <b>VEG</b>	\$ 2.00		GARDEN SALAD <b>VEG</b>	\$ 3.50	\$ 5.00
CHEESE <b>VEG</b>	\$ 2.00		LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
HAM	\$ 2.50		SWEET CHILLI CHICKEN SALAD	\$ 3.50	\$ 6.00
HAM & CHEESE	\$ 3.00		HAM & GARDEN SALAD	\$ 3.50	\$ 6.00
EGG <b>VEG</b>	\$ 3.00		CHICKEN & GARDEN SALAD	\$ 3.50	\$ 6.00
EGG & LETTUCE <b>VEG</b>	\$ 3.50		CHICKEN CAESAR SALAD	\$ 3.50	\$ 6.00
CURRIED EGG & LETTUCE <b>VEG</b>	\$ 3.50				
SALAD <b>VEG</b>	\$ 3.50	\$ 5.00	RICE PAPER ROLLS x2 MONDAY & TUESDAY		
HAM, CHEESE & TOMATO	\$ 3.50		CHICKEN TERIYAKI	\$ 4.50	
CHICKEN & CHEESE	\$ 3.50		VEGETARIAN FRESH SEASONAL VEGES <b>VEG GF</b>	\$ 4.50	
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00	SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 4.50	
HAM & SALAD	\$ 4.00	\$ 5.50			
CHICKEN, LETTUCE & MAYO	\$ 4.00	\$ 5.50	SUSHI WEDNESDAY & THURSDAY		
CHICKEN, CHEESE & TOMATO	\$ 4.00		CHICKEN TERIYAKI	\$ 3.50	
CHICKEN & SALAD	\$ 4.00	\$ 5.50	VEGETARIAN FRESH SEASONAL VEGES <b>VEG GF</b>	\$ 3.50	
CHICKEN CAESAR SALAD		\$ 5.50	SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 3.50	
			EXTRAS		
FRESH FRUIT	REG	LGE	SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40	
FRUIT WATERMELON, APPLE, BANANA, MANDARIN		\$ 1.00	TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.50	
FROZEN ORANGES SNACK PACK		\$ 2.00	CHEESE SLICE	\$ 0.50	
WATERMELON CHUNKS	\$ 3.50	\$ 4.50	CHICKEN, HAM, EGG, SHREDDED CHEESE	\$ 1.00	
FRUIT SALAD SEASONAL FRUITS	\$ 4.00	\$ 5.00			

## Register For Online Ordering

It's Quick & Easy To Setup

Order From Any Of Your Devices

Look For Exclusive Online Only Specials

[Flexischools.com.au](http://Flexischools.com.au)



## EVERYDAY CHOICES DRINKS JUICE - WATER - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00	CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.60
WATER 600ML	\$ 2.00	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.60
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.60
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.60	HOT CHOCOLATE	\$ 1.80

## EVERYDAY CHOICES ICE BLOCKS - SNACKS

### ICE COLD TREATS 99% JUICE BASED

FROZEN JUICE CUP APPLE - ORANGE - ABC <b>GF</b>	\$ 1.50
FRUITY ICES ASSORTED FLAVOURS <b>GF</b>	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS <b>GF</b>	\$ 1.00
ICE MONY BLUE RASPBERRY - RED BERRY - LEMON <b>GF</b>	\$ 1.30
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY) <b>GF</b>	\$ 1.00

\* ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

### SAVOURY SNACKS

POPCORN <b>GF</b>	\$ 1.00
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### YOGHURT & CUSTARD

CUSTARD BOWL VANILLA	\$ 2.80
VAALIA YOGHURT VANILLA	\$ 3.50
CUSTARD CUP VANILLA OVER THE COUNTER ONLY	\$ 1.00



## EVERYDAY CHOICES PASTA - RICE - BURGERS - PIZZA - HOT BITES

<b>PASTA - RICE</b>		<b>BURGERS</b>	
BUTTER CHICKEN WITH RICE <b>GF</b>	LARGE \$6 \$ 4.00	CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80
BOLOGNESE PASTA BEEF SAUCE	\$ 4.00	VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO <b>VEG</b>	\$ 4.80
CREAMY CHICKEN PASTA CARBONARA	\$ 4.00	AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80
CHINESE FRIED RICE <b>VEG</b>	\$ 4.00	CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 4.80
VEGETABLE CURRY WITH RICE	\$ 4.00	CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00
SINGAPORE NOODLES CHICKEN & VEGES	\$ 4.00	DONER KEBAB BURGER KEBAB MEAT, BBQ SAUCE	\$ 5.00
NAPOLITANA PASTA TOMATO SAUCE <b>VEG</b>	\$ 4.00	<b>HOT BITES</b>	
MACARONI & CHEESE <b>VEG</b>	\$ 4.50	CORN COB <b>VEG</b>	\$ 1.30
LASAGNE BEEF	LARGE \$6.5 \$ 4.50	CHICKEN WING HOT & SPICY	\$ 1.40
LASAGNE VEGE <b>GF VEG</b>	\$ 5.00	GARLIC BREAD <b>VEG</b>	\$ 2.20
<b>HOME MADE PIZZAS</b>		CHEESE TOASTED WRAP <b>VEG</b>	\$ 2.00
CHEESE <b>VEG</b>	\$ 3.80	CHEESE & BACON ROLL WARM	\$ 2.70
HAM & CHEESE	\$ 4.50	HAM & CHEESE TOASTED WRAP	\$ 3.00
PEPPERONI & CHEESE	\$ 4.50	PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.30
		PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00

## GLUTEN FREE FOODS

GLUTEN FREE BREAD & WRAPS \$ 1.00

YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE MENU

### HOT FOODS

MACARONI & CHEESE	\$ 5.00
CHICKEN NUGGETS 4 PACK \$ 3.20 6 PACK \$ 4.50	
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20

THERE ARE LOTS OF OTHER GLUTEN FREE FOODS LISTED ON THE MAIN MENU. THEY HAVE "GF" NEXT TO THEM

IF YOU ORDER ANY OF THE ABOVE FOODS PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG



## OCCASIONAL CHOICES HOT BITES - MEXICAN - PASTRIES - SNACKS

<b>HOT BITES</b>		<b>PASTRIES</b>	
CHICKEN NUGGETS 100% BREAST EACH \$ 0.80		PARTY PIE LOW FAT x 3 \$ 4 \$ 1.40	
4 PACK \$ 3.00		SAUSAGE ROLL LOW FAT \$ 3.50	
6 PACK \$ 4.20		MEAT PIE LOW FAT \$ 4.00	
MINI SPRING ROLL OVEN BAKED <b>VEG</b> \$ 0.90		POTATO PIE LOW FAT \$ 4.50	
HASH BROWN <b>VEG</b> \$ 1.20		<b>SNACKS</b>	
CUP NOODLES CHICKEN - BEEF - SPICY TOM YUM \$ 3.00		POPCORN * EVERYDAY RATED ITEM * \$ 1.00	
ORIENTAL <b>VEG</b>		BROWNIE OUR FAMOUS BITE SIZE SNACK \$ 1.00	
HOT DOG WITH TOMATO SAUCE (CHICKEN) \$ 3.30		CHIPS 27G \$ 2.00	
<b>MEXICAN</b>		BANANA BREAD \$ 2.50	
BEEF NACHOS HOME MADE ADD CHEESE 50C <b>GF</b> \$ 4.70		JELLY BOWL <b>GF</b> \$ 1.50	
VEGE NACHOS SALSA ADD CHEESE 50C <b>VEG GF</b> \$ 4.70		PIRANHA RICE SNAPS VEGE CRACKERS <b>GF</b> \$ 2.20	

## EVERYDAY CHOICES BREAKFAST

LOTS OF BREAKFAST ITEMS ARE AVAILABLE FROM THE COUNTER AT THE CANTEEN EVERY MORNING INCLUDING :

TOASTED WRAPS - FRUITS - YOGHURT - CUSTARD - MILK



## Crunch & Sip

### \$ 2.50

Bottle Water 600ml

Choose Any Piece Of Seasonal Fruit