



healthy canteens menu



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SANDWICHES & WRAPS

GREAT CHOICE

	SANDWICH	WRAP
E VEGEMITE OR JAM VEG	\$ 2.00	
E CHEESE VEG	\$ 2.00	
E HAM	\$ 2.90	
E CHEESE & TOMATO VEG	\$ 3.30	
E HAM & CHEESE	\$ 3.40	
E EGG VEG	\$ 3.30	
E CHICKEN WITH MAYO	\$ 3.90	
E EGG & LETTUCE VEG	\$ 3.90	\$ 5.00
E CURRIED EGG & LETTUCE VEG	\$ 3.90	\$ 5.00
E HAM, CHEESE & TOMATO	\$ 4.00	\$ 5.30
E CHICKEN & CHEESE	\$ 4.00	\$ 5.30
E SALAD VEG	\$ 4.00	\$ 5.50
E SWEET CHILLI CHICKEN	\$ 4.50	\$ 5.50
E HAM & SALAD	\$ 4.50	\$ 6.00
E CHICKEN, LETTUCE & MAYO	\$ 4.50	\$ 6.00
E CHICKEN, CHEESE & TOMATO	\$ 4.50	\$ 6.00
E CHICKEN & SALAD	\$ 4.50	\$ 6.00
E CHICKEN CAESAR SALAD		\$ 6.00

SALAD BOWLS

GREAT CHOICE

E GARDEN SALAD VEG	\$ 4.90 GF
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
E CAESAR SALAD	\$ 4.90
E SWEET CHILLI CHICKEN SALAD	\$ 5.50
E HAM & GARDEN SALAD	\$ 5.50 GF
E CHICKEN & GARDEN SALAD	\$ 5.50 GF
E CHICKEN CAESAR SALAD	\$ 5.50
E EGG & SALAD	\$ 5.50 GF
CHOOSE ANY OF THESE DRESSINGS :	
CAESAR, ITALIAN, MAYO, FRENCH	

FRESH FRUIT

GREAT CHOICE

E FRUIT WATERMELON, APPLE, BANANA, SEASONAL FRUITS	\$ 1.30
E FROZEN ORANGES SNACK PACK	\$ 2.30
E WATERMELON CHUNKS	\$ 4.90
E FRUIT SALAD SEASONAL FRUITS	\$ 5.40

SNACK DEAL \$ 2.80



Choose One

Popper - Water - Plain Milk



Popcorn or Fruit Piece

Add 50c Oak Milk



DRINKS

GREAT CHOICE

E POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00
E WATER 600ML	\$ 2.00
E PLAIN MILK 300ML	\$ 2.00
E OAK MILK 300ML CHOCOLATE, STRAWBERRY	\$ 2.60
E GLEE 250ML 100% JUICE	\$ 2.90
RASPBERRY, GRAPE, WATERMELON SOUR, TROPICAL, BLACKCURRANT	
E UP N GO 250ML CHOCOLATE, VANILLA	\$ 3.20
E ICE TEA 500ML PEACH, RASPBERRY	\$ 3.80
E ALOE VERA 500ML GRAPE	\$ 3.80
E HOT CHOCOLATE	\$ 2.00

ICE COLD TREATS

99% JUICE

GREAT CHOICE

E FROZEN JUICE CUP ASSORTED FLAVOURS	\$ 1.50 GF
E FRUITY ICES ASSORTED FLAVOURS	\$ 0.60 GF
E SOUR SNAP APARTS ASSORTED FLAVOURS	\$ 1.00 GF

ICE BLOCKS ARE NOT PUT IN YOUR LUNCH ORDER BAG
ASK YOUR CHILD TO GO AND COLLECT IT FROM THE CANTEEN DURING THEIR LUNCH BREAK

YOGHURT

E VAALIA YOGHURT VANILLA	\$ 3.60
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SNACKS

E PANCAKE	\$ 1.00
E POPCORN GF	\$ 1.00
O BROWNIE OUR FAMOUS SNACK	\$ 2.00
O CHIPS 27g HONEY SOY	\$ 2.00
O PIRANHA RICE SNAPS VEGE CRACKERS	\$ 2.50 GF
O JELLY BOWL	\$ 1.60 GF
O BANANA BREAD	\$ 2.80
O MUFFIN CHOCOLATE	\$ 3.80



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SUSHI ROLLS GLUTEN FREE

GREAT CHOICE

E CHICKEN TERIYAKI	\$ 4.00 GF
E TUNA	\$ 4.00 GF
E VEGETARIAN VEG	\$ 4.00 GF

WRITE "SOY SAUCE" ON YOUR LUNCH BAG
IF YOU WOULD LIKE ONE FOR FREE

EXTRAS

SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.50
CHEESE SLICE, SHREDDED CHEESE	\$ 0.50
CHICKEN, HAM, EGG	\$ 1.00

HOT BITES

O CHICKEN NUGGETS 100% BREASt	EACH	\$ 0.90
	4 PACK	\$ 3.40
	6 PACK	\$ 4.80
E CHICKEN WINGS HOT & SPICY	EACH	\$ 1.60
E MINI SPRING ROLL OVEN BAKED VEG		\$ 1.00
E CORN COB VEG		\$ 1.30
O HASH BROWN VEG		\$ 1.40 GF
E GARLIC BREAD VEG		\$ 2.70
E CHEESE & BACON ROLL WARM		\$ 3.00
E HOT DOG WITH TOMATO SAUCE (CHICKEN)		\$ 3.70
O GLUTEN FREE CHICKEN NUGGETS	EACH	\$ 0.90 GF
	4 PACK	\$ 3.50 GF
	6 PACK	\$ 5.00 GF

TOASTED WRAPS

E CHEESE TOASTED WRAP VEG	\$ 2.40
E HAM & CHEESE TOASTED WRAP	\$ 3.40
E CHICKEN, CHEESE & BBQ BBQ SAUCE	\$ 5.30
E SWEET CHILLI CHICKEN CHEESE, SAUCE	\$ 5.50

PASTAS & RICE

GREAT CHOICE

E BUTTER CHICKEN WITH RICE	\$ 4.50 GF
E BOLOGNESE PASTA BEEF SAUCE	\$ 4.50
E CREAMY CHICKEN PASTA	\$ 4.50
E FRIED RICE VEG	\$ 4.90
E MACARONI & CHEESE VEG	\$ 4.90
E LASAGNE BEEF	\$ 4.90

GLUTEN FREE WRITE "GLUTEN FREE" ON BAG

E MACARONI & CHEESE GLUTEN FREE VEG	\$ 5.50 GF
E LASAGNE VEGE GLUTEN FREE VEG	\$ 5.50 GF
E LASAGNE BEEF GLUTEN FREE	\$ 5.50 GF

PIES & PASTRIES

O PARTY PIE LOW FAT	x 3 \$4.50	\$ 1.60
O SAUSAGE ROLL LOW FAT		\$ 3.80
O MEAT PIE LOW FAT		\$ 4.80
O POTATO PIE LOW FAT		\$ 5.00
E BEEF PIE GLUTEN FREE		\$ 5.40 GF

MEXICAN NACHOS GLUTEN FREE

O BEEF NACHOS HOME MADE ADD CHEESE 50c	\$ 4.90 GF
O VEGE NACHOS TOMATO SALSA ADD CHEESE 50c VEG	\$ 4.90 GF
O CHEESEY NACHOS CHEESE SAUCE VEG	\$ 4.90 GF

CUP OF NOODLES

O CHICKEN	\$ 3.30
O BEEF	\$ 3.30
E ORIENTAL VEG	\$ 3.30
O TOM YUM HOT & SPICY	\$ 3.30

NOODLE CUPS ARE NOT PUT IN LUNCH ORDER BAGS
YOUR CHILD MUST GO AND COLLECT IT

MEAL DEALS

GREAT CHOICE

MONDAY \$6.6

PASTA OR RICE CHOOSE ANY ONE
GLUTEN FREE LASAGNE OR MAC & CHEESE \$6.60

TUESDAY \$6.6

HOME MADE PIZZA CHOOSE ANY ONE

WEDNESDAY \$6.6

BURGERS CHOOSE ANY ONE

+ POPPER OR WATER + POPCORN
(ADD 50c FOR OAK MILK)

WRITE "MEAL DEAL" ON YOUR LUNCH BAG
+ THE FOOD & DRINK YOU WANT

BURGERS

GREAT CHOICE

E CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 5.30
E AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 5.30
E CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 5.20
E CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.20
E HOT & SPICY CHICKEN BURGER LETTUCE, MAYO	\$ 5.30

SAUCES : BBQ, TOMATO, PERI PERI, MAYO, SWEET CHILLI

HOME MADE PIZZAS

E CHEESE VEG	\$ 4.00
E HAM & CHEESE	\$ 4.80
E PEPPERONI & CHEESE	\$ 4.80