

# Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml  
Plus Choose One Of

- Apple
- Banana



## Fresh Fruit

### FRESH FRUITS

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

### COLD

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

### FRESH

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

## Breakfast

### HOT

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

### DAIRY & FRUIT

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

### QUICK BITES

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

## Snacks

### OVER THE COUNTER ONLY

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

### ICE COLD TREATS

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

### DRINKS

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

## Cold & Drinks

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

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

### VEGETARIAN

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

### GLUTEN FREE - MAIN MEALS

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

## Gluten Free & Vegetarian

### GLUTEN FREE - SNACKS

Messy Monkeys Wholegrain Chip Bites 20gm EH	\$ 1.50
Cheese or Burger Flavour	
Smiths Chips 27gm Salt & Vinegar SDR	\$ 1.70
Piranha Rice Snaps SDR H	\$ 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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# healthy canteens menu

## Fresh Is Best

### SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

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

### WRAPS

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

### SALAD BOWLS

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

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

### PIES & SAUSAGE ROLLS

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

### HOT FAVOURITES

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

## Hot Food

### BURGERS & ROLLS

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



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### AVAILABLE EVERYDAY - CHOOSE 1

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



Bottle Water  
or  
Popper



Popcorn

