



healthy canteens menu



healthycanteens.com.au

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SANDWICHES & WRAPS

GREAT CHOICE

	SANDWICH	WRAP
E VEGEMITE OR JAM VEG	\$ 2.00	
E CHEESE VEG	\$ 2.00	
E HAM	\$ 2.70	
E CHEESE & TOMATO VEG	\$ 3.20	
E HAM & CHEESE	\$ 3.20	
E EGG VEG	\$ 3.20	
E CHICKEN WITH MAYO	\$ 3.80	
E EGG & LETTUCE VEG	\$ 3.80	\$ 5.00
E CURRIED EGG & LETTUCE VEG	\$ 3.80	\$ 5.00
E HAM, CHEESE & TOMATO	\$ 3.80	\$ 5.00
E CHICKEN & CHEESE	\$ 3.80	\$ 5.00
E SALAD VEG	\$ 3.80	\$ 5.30
E SWEET CHILLI CHICKEN	\$ 4.30	\$ 5.30
E HAM & SALAD	\$ 4.30	\$ 5.80
E CHICKEN, LETTUCE & MAYO	\$ 4.30	\$ 5.80
E CHICKEN, CHEESE & TOMATO	\$ 4.30	\$ 5.80
E CHICKEN & SALAD	\$ 4.30	\$ 5.80
E CHICKEN CAESAR SALAD	\$ 4.30	\$ 5.80

SALAD BOWLS

GREAT CHOICE

E GARDEN SALAD VEG	\$ 4.80 GF
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
E CAESAR SALAD	\$ 4.80
E SWEET CHILLI CHICKEN SALAD	\$ 5.30
E HAM & GARDEN SALAD	\$ 5.30 GF
E CHICKEN & GARDEN SALAD	\$ 5.30 GF
E CHICKEN CAESAR SALAD	\$ 5.30
E EGG & SALAD	\$ 5.30 GF
CHOOSE ANY OF THESE DRESSINGS :	
CAESAR, ITALIAN, MAYO, FRENCH	

FRESH FRUIT

GREAT CHOICE

E FRUIT WATERMELON, APPLE, BANANA, SEASONAL FRUITS	\$ 1.20
E FROZEN ORANGES SNACK PACK	\$ 2.20
E WATERMELON CHUNKS	\$ 4.70
E FRUIT SALAD SEASONAL FRUITS	\$ 5.20

SNACK DEAL \$ 2.70

Choose One
Popper - Water - Plain Milk
+
Popcorn or Fruit Piece
Add 50c Oak Milk

FOOD CODING

VEG VEGETARIAN GF GLUTEN FREE
E EVERYDAY RATED O OCCASIONAL RATED
ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)
WRITE "GLUTEN FREE" ON YOUR LUNCH BAG
ALL OF OUR GLUTEN FREE ITEMS HAVE "GF" NEXT TO THE PRICE



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 RASPBERRY, GRAPE, WATERMELON SOUR	\$ 2.80
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 CANTEN DURING THEIR LUNCH BREAK

YOGHURT

E VAALIA YOGHURT VANILLA	\$ 3.50
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SNACKS

E PANCAKE	\$ 1.00
E POPCORN GF	\$ 1.00
O BROWNIE OUR FAMOUS SNACK	\$ 1.50
O CHIPS 27G HONEY SOY	\$ 2.00
O PIRANHA RICE SNAPS VEGE CRACKERS	\$ 2.30 GF
O JELLY BOWL	\$ 1.60 GF
O BANANA BREAD	\$ 2.60
O MUFFIN CHOCOLATE	\$ 3.70



Register For Online Ordering
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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 \$ 0.85
	4 PACK \$ 3.20
	6 PACK \$ 4.50
E CHICKEN WINGS HOT & SPICY	EACH \$ 1.50
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	\$ 2.50
E CHEESE & BACON ROLL WARM	\$ 2.90
E HOT DOG WITH TOMATO SAUCE (CHICKEN)	\$ 3.50
O GLUTEN FREE CHICKEN NUGGETS	EACH \$ 0.90 GF
	4 PACK \$ 3.40 GF
	6 PACK \$ 4.60 GF

TOASTED WRAPS

E CHEESE TOASTED WRAP VEG	\$ 2.20
E HAM & CHEESE TOASTED WRAP	\$ 3.30
E CHICKEN, CHEESE & BBQ BBQ SAUCE	\$ 5.20
E SWEET CHILLI CHICKEN CHEESE, SAUCE	\$ 5.20

PIES & PASTRIES

O PARTY PIE LOW FAT	x3 \$4.20	\$ 1.50
O SAUSAGE ROLL LOW FAT		\$ 3.60
O MEAT PIE LOW FAT		\$ 4.60
O POTATO PIE LOW FAT		\$ 4.80
E BEEF PIE GLUTEN FREE		\$ 5.20 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

CUP OF NOODLES

O CHICKEN	\$ 3.20
O BEEF	\$ 3.20
E ORIENTAL VEG	\$ 3.20
O TOM YUM HOT & SPICY	\$ 3.20

NOODLE CUPS ARE NOT PUT IN LUNCH ORDER BAGS
YOUR CHILD MUST GO AND COLLECT IT FROM THE CANTEN DURING THEIR EATING PERIOD

MEAL DEALS

GREAT CHOICE

MONDAY \$6.5

PASTA OR RICE CHOOSE ANY ONE
GLUTEN FREE LASAGNE OR MAC & CHEESE \$6.50

TUESDAY \$6.5

HOME MADE PIZZA CHOOSE ANY ONE

WEDNESDAY \$6.5

BURGERS CHOOSE ANY ONE

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

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

PASTAS & RICE

GREAT CHOICE

E BUTTER CHICKEN WITH RICE	\$ 4.30 GF
E BOLOGNESE PASTA BEEF SAUCE	\$ 4.30
E CREAMY CHICKEN PASTA	\$ 4.30
E FRIED RICE VEG	\$ 4.80
E MACARONI & CHEESE VEG	\$ 4.80
E LASAGNE BEEF	\$ 4.80

GLUTEN FREE WRITE "GLUTEN FREE" ON BAG

E MACARONI & CHEESE GLUTEN FREE VEG	\$ 5.30 GF
E LASAGNE VEGE GLUTEN FREE VEG	\$ 5.30 GF
E LASAGNE BEEF GLUTEN FREE	\$ 5.30 GF

BURGERS

GREAT CHOICE

E CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 5.00
E AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 5.00
E CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 5.00
E CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00
E HOT & SPICY CHICKEN BURGER LETTUCE, MAYO	\$ 5.00

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

HOME MADE PIZZAS

E CHEESE VEG	\$ 3.90
E HAM & CHEESE	\$ 4.70
E PEPPERONI & CHEESE	\$ 4.70