



healthycanteens
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healthy canteens menu

Fresh Is Best

SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

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

WRAPS

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

SALAD BOWLS

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

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

PASTA - RICE - NOODLES - NACHOS

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

PIES & SAUSAGE ROLLS

Party Pie Low Fat OH	\$1.20
Sausage Roll Low Fat OH	\$3.00
Meat Pie Low Fat OH	\$3.50
Potato Pie Low Fat OH	\$4.20

HOT FAVOURITES

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

Hot Food

BURGERS & ROLLS

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

