# Menu K - Yr 6 Alenu K - Yr 6 DE DE canteen Menu RESP RESH

#### **SANDWICHES**

#### (White or Wholemeal Bread)

\$3.50

\$4.00

\$4.50

\$4.50

\$4.50

\$5.00

\$5.00

\$4.50

\$4.50

崔 Vegemite 🛛 🗸 🖌	\$1.50
È Jam or honey	\$1.50
È Cheese	\$2.00
🔁 Lean ham	\$2.50
崔 Cheese & tomato	\$3.00
崔 Lean ham & cheese	\$3.50
崔 Lean ham, cheese & tomato	\$4.00
達 Salad (lettuce, tomato, carrot, cucumber)	\$4.00
宦 Tuna, lettuce & mayo	\$4.00
🔁 Fresh chicken with cheese	\$4.50
達 Fresh chicken, lettuce & mayo	\$4.50
達 Fresh chicken & salad	\$4.50
崔 Lean ham & salad	\$4.50

### WRAPS - ROLLS (FOCACCIA extra \$1.00)



#### SALADS (All Salads served in 12oz Dome) E Garden salad \$4.00 E Tuna salad \$4.50 E Cheese salad \$4.50 \$4.50 E Lean ham salad E Fresh chicken breast salad \$5.00 È Fresh chicken breast pasta salad \$5.00 E Caesar salad \$5.00 宦 Fresh chicken avocado salad \$5.00 E Greek salad \$5.00 E Fresh chicken Caesar salad \$5.00 SUSHI sold at counter E Teriyaki chicken with cucumber \$4.50 E Salmon with cucumber \$4.50

- È Veggie Tofu, carrot, cucumber (vegan)
- E Tuna with cucumber

BREAKFAST-RECESS & LUNCH sold at coun	ter
宦 Plain milk cup 🛛 💀 🦝	\$1.00
È Diced pineapple cup	\$1.00
È Vegemite or jam or honey toast	\$1.50
È Hot chocolate cup	\$ <b>1.50</b>
E Lite banana milk cup Good Moming	\$1.50
È Lite chocolate milk cup	\$1.50
È Lite strawberry milk cup	\$1.50
È Fresh cut veggie cup	<b>\$1.50</b>
È Fresh grapes cup (seasonal)	\$2.00
È Fresh cut watermelon cup	\$2.00
È Toasted cheese sub	\$1.50
È Toasted cheese & lean ham sub	\$2.00
È Fresh diced fruit cup	\$2.00
È Tabouleh cup	\$2.00
È Corn flakes bowl	\$2.50
È Pancakes x2 with honey	\$2.50
E Yoghurt (low fat)	\$2.00
È Yoghurt & fruit cup	\$2.50
È Yoghurt & muesli cup	\$2.50

FRES	H FR	UIT
È Orange,	apple or n	nandarin

- È Banana
- **E** Orange, apple or mandarin wedges in a cup
- **E** Watermelon pieces in a bowl (12oz)
- E Seasonal fresh fruit salad bowl (12oz)



### HOT FOOD

AN PARTY AND	
E Corn cob	\$1.00
🖻 Garlic bread	\$1.00
ᅚ Garlic & cheese bread	\$1.50
崔 Fresh chicken wings x1	\$1.50
ᅚ Cheese pizza (served on roll)	\$2.50
宦 Mexican quesadilla	\$3.00
È Stuffed vine leaves with rice x5	\$3.00
ᅚ Beef meatball sub with napolitana sauce/cheese	\$4.50
産 Chicken meatball sub with napolitana sauce/cheese	\$4.50
宦 Plain grilled chicken souvlaki on a roll	\$4.50
ᅚ Plain grilled chicken souvlaki wrap	\$4.50
宦 Homemade pizza with cheese	\$5.00
ᅚ Homemade pizza with lean ham & cheese	\$5.50
🖻 Homemade hawaiian pizza	\$5.50
🖻 Beef lasagne (non halal)	\$5.50
🖻 Vegetarian lasagne 🛛 🛛 🚺 💽	\$5.50
È Cheeseburger	\$5.50
崔 Aussie lean beef burger lettuce/tomato 🛛 💙 😽	\$5.50
È Chicken breast fillet burger lettuce & mayo	\$5.50
崔 Tuna pattie burger	\$5.50

### **HOMEMADE MENU**

\$1.00

\$1.50

\$1.50

\$3.50

\$4.00

<u>Australian, European, Asian &amp; Mexican Meals</u>			
宦 AVAILABLE	Pasta bolognaise	\$4.50	
<b>È</b> →	Mac & cheese	\$4.50	
$\epsilon \rightarrow$	Chicken napolitana pasta	\$4.50	
È →	Pasta with beef meatballs	\$4.50	
EVERY DAY	Pasta with chicken meatballs	\$4.50	
连 Monday	Veggie fried rice	\$4.50	
<b>È</b> Tuesday	Mexican chicken burrito skillet & rice	\$4.50	
達 Wednesday	Teriyaki chicken stir fry & steamed rice	\$4.50	
🔁 Thursday	Thai red curry chicken, vegetables & rice	\$4.50	
宦 Friday	Chicken hokkien noodles	\$4.50	
Gluten Free options available extra \$1.00			

#### **DAZZLING MEAL DEALS...**

If you buy a m	eal combo you would save up to \$1.00	1	
ii you buy a m	•		
PACK 1	CHEESE SANDWICH	\$3.50	
	Water 400ml + frozen stick or fruit	• • • • •	
PACK 2	SALAD SANDWICH	\$5.50	
	Water 400ml + frozen stick or fruit	ŢŪIŪŪ	
раск з	MEATBALL SUB	\$6.00	
E PACK 5	Water 400ml + frozen stick or fruit	<b>Ş0.00</b>	
👕 РАСК 4	PASTA BOLOGNAISE	¢c 00	
E PACK 4	Water 400ml + frozen stick or fruit	\$6.00	
	<b>CHICKEN &amp; CHEESE ROLL</b>	¢с го	
E PACK 5	Water 400ml + frozen stick or fruit	\$6.50	
	LASAGNE (beef or vegetarian)		
E PACK 6	Water 400ml + frozen stick or fruit	\$7.00	
<b>VEGGIE</b>	<b>B OTHER SNACK PACKS</b>		
È Veggie cup v	with hommus	\$2.50	
Veggie dome (carrots,celery,corn,tomatoes, bread sticks)			
Veggie dome with cheese cubes & bread cticks			
<ul> <li>Veggie dome with cheese cubes &amp; bread cticks</li> <li>Veggie dome with fresh chicken breast &amp; bread Sticks</li> <li>\$5.0</li> </ul>			
		1	
CRUNCH	N SIP PACKS		

SNACKS & FROZEN TREATS	
達 Plain or frozen 99% juice small cup	50c
達 Plain or frozen 99% juice-jelly small cup	50c
E Custard small cup	50c
È Plain or frozen 99% juice cup	\$1.00
È Plain or frozen 99% juice-jelly cup	\$1.00
崔 Frozen diced pineapple cup	\$1.00
🖻 Frozen plain milk cup 🍟 🍟	\$1.00
ᅚ Frozen 99% quelch fruit juice sticks 👘 👘	\$1.00
È Bread sticks x 4	\$1.00
🖻 Custard cup	\$1.00
È Chocolate custard cup	\$1.50
🚡 Frozen orange wedges	\$1.50
🖻 Frozen mandarin wedges	\$1.50
턑 Frozen lite milk cup (chocolate, banana, strawberry)	\$1.50
達 Frozen 99% nippy's juice cup 🛛 💫 📥	\$1.50
🖻 Sour snap sticks 🛛 🔍 🚜 🌺 🏸	\$1.50
E Frozen grapes cup	\$2.00
E Frozen watermelon cup	\$2.00
È lce mony freeze pops	\$2.00



THIS IS TO CERTIFY THAT

**Made Fresh** 

IS A FINANCIAL MEMBER OF THE

HEALTHY KIDS ASSOCIATION

#### Member ID L083

althy Kids Association, Suite 1.02, 38 Oxley Street, St Leonards NSW 2065 Ph: (02) 9876 1300 Outside Sydney Ph: 1300 724 850 Fax: (02) 9437 4984 Email: info@healthy-kids.com.au Web: www.healthy-kids.com.a

Èveryday 🔞 🔞	casional	
Gluten Free Bread	extra \$1.00	
Gluten Free Tortilla	extra \$1.00	
Gluten Free Focaccia	extra \$1.00	
Upsize Salad, Fruit Salad to 20OZ	extra \$1.50	
Extra fillings		
Sliced or Shredded Cheese	extra \$1.00	
Avocado or Beetroot	extra 50c	
Sauce or Cutlery	each 30c	

#### **OCCASIONAL ITEMS AVAILABLE EACH DAY HOT FOOD - SNACKS & DRINKS** Hash brown \$1.30 **Chicken & corn roll** \$1.50 Potato wedges bag \$2.50 Nachos with salsa & cheese \$3.50 \$3.50 **Noodles cup** \$3.50 Chicken nuggets x5 Chicken or beef hot dog (one free sauce) \$3.80 \$4.50 Sausage roll (one free sauce) \$5.00 Meat pie (one free sauce) \$5.50 Pizza wrap (tomato & olives, bbq chicken) **Crumbed Chicken Burger with lettuce & mayo** \$5.50 Fillet-O-Fish burger with lettuce & mayo \$6.00 Homemade cookies x1 (freshly made daily) **50c** \$1.00 Gummy bear x3 Popcorn \$1.00 \$1.00 Jelly cup Monster noodle snacks (chicken or bbg) \$1.30 \$1.50 Jelly & custard cup Homemade fresh muffins (freshly made daily) \$1.50 **Rice sticks cheese** \$2.00 \$2.00 Vanilla ice cream cup Grain waves 22g \$2.50 \$2.50 Red rock deli chips 28g

E Fresh piece of fruit & water 400ml	\$2.00
崔 Fresh orange/apple wedges & water 400ml	\$2.50
崔 Fresh cut veggie cup & water 400ml	\$2.50
崔 Fresh diced fruit cup & water 400ml	\$3.00



Note: This certificate is valid for two years from the date of issue. To re-new your certificate please eview your master menu against the Food and Drink Criteria of the Healthy School Canteen Strategy and re-submit a Master Menu Application Form to the Menu Check Service.

## **OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**