



healthycanteens
.com.au

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
Ham & Cheese <i>E</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
Ham, Cheese & Salad <i>E</i>	\$ 3.30
Egg or Egg & Lettuce <i>EH</i>	\$ 3.50
Salad <i>EH</i>	\$ 3.50
Chicken, Cheese & Tomato <i>EH</i>	\$ 3.50
Chicken & Salad <i>EH</i>	\$ 3.70
Tuna & Salad <i>EH</i>	\$ 3.70
Chicken, Lettuce & Mayo <i>EH</i>	\$ 3.70
Gluten Free Bread <i>Add</i>	\$ 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 Lettuce, Tomato, Cucumber, Beet, Carrot <i>EH</i>	\$ 4.00
Caesar Lettuce, Bacon, Egg, Cheese, Croutons <i>E</i>	\$ 4.00
Ham & Salad <i>E</i>	\$ 4.50
Chicken, Lettuce & Mayo <i>EH</i>	\$ 4.50
Sweet Chilli Chicken <i>OH</i>	\$ 4.70
Sweet Chilli Chicken Tenders, Lettuce, Mayo	
Roast Chicken & Salad <i>EH</i>	\$ 5.00
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Chicken Caesar <i>E</i>	\$ 5.30
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons	

SUSHI ROLLS WED & THUR - TERMS 1 & 4

Tuna* Cucumber & Mayo <i>EH</i>	\$ 3.40
Chicken* Sweet Chilli Tender, Cucumber & Mayo <i>EH</i>	\$ 3.40
Teriyaki Vegetarian <i>E</i>	\$ 3.40

* All New Sushi Made Fresh In The Canteen

SALAD BOWLS

Garden <i>EH</i>	\$ 4.00
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Sweet Chilli Chicken Tenders <i>EH</i>	\$ 5.00
Lettuce, Tomato, Sweet Chilli Mayo	
Pumpkin, Beetroot & Fetta <i>EH</i>	\$ 5.50
Roast Pumpkin, Beetroot, Fetta Cheese, Lettuce, Onion	
Chicken Caesar <i>E</i>	\$ 5.50
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	

TUESDAY & WEDNESDAY ONLY

Chicken Pasta <i>E</i>	\$ 4.50
Fresh Chicken Breast, Creamy Spiral Pasta	
Vietnamese Noodles <i>E</i>	\$ 5.50
Chicken, Fresh Herbs, Cucumber, Carrot, Capsicum, Onion	

Extras Avocado, Egg, Cheese, Tuna, Ham <i>EH</i>	\$ 1.00
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* 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 Regular <i>EH Large \$5.80</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>	\$ 3.80

Hot Food

BURGERS - ROLLS - KEBABS

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
Hot n Spicy Chicken Fillet, Lettuce, Mayo <i>EH</i>	\$ 4.80
Doner Kebab Beef Kebab Meat, Cheese, BBQ <i>OH</i>	\$ 6.00

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	

