

# healthy canteens menu



HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL V - VEGETARIAN



## SANDWICHES

VEGEMITE OR JAM OR HONEY EV	\$ 2.00
CHEESE EV	\$ 2.00
CHEESE & TOMATO EV	\$ 2.50
EGG OR EGG & LETTUCE EV	\$ 3.00
SALAD EV	\$ 3.00
CHICKEN E	\$ 3.20
TUNA E	\$ 3.20
CHICKEN & CHEESE E	\$ 3.50
CHICKEN, LETTUCE & MAYO E	\$ 3.50
CHEESE & SALAD EV	\$ 3.50
CHICKEN, CHEESE & TOMATO E	\$ 3.50
CHICKEN & SALAD E	\$ 3.80
TUNA & SALAD E	\$ 3.80
GLUTEN FREE BREAD E	\$ 1.00

CHOOSE FROM : WHITE, WHOLEMEAL, GLUTEN FREE



## WRAPS

CHEESE ROCKET MELTED CHEESE EV	\$ 2.00
CHICKEN PIZZA ROCKET CHEESE, SAUCE E	\$ 3.00
SALAD EV	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
CAESAR LETTUCE, EGG, CHEESE (NO BACON) EV	\$ 4.00
CHEESE & SALAD EV	\$ 4.50
CHICKEN, LETTUCE & MAYO E	\$ 4.50
SWEET CHILLI CHICKEN O	\$ 4.80
SWEET CHILLI CHICKEN TENDERS, LETTUCE, MAYO	
CHICKEN SALAD E	\$ 4.80
CHICKEN CAESAR SALAD (NO BACON) E	\$ 5.00

## RICE PAPER ROLLS

CHICKEN LETTUCE, CARROT, CUCUMBER E	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES EV	\$ 4.00
SWEET CHILLI CHICKEN, LETTUCE, CARROT, CUCUMBER O	\$ 4.00

Vietnamese Rice Paper Rolls have 2 Per Serve



## SALAD BOWLS

	REG	LGE
GARDEN EV	\$ 3.00	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
CAESAR EV	\$ 3.00	\$ 4.20
LETTUCE, EGG, CHEESE, CROUTONS (NO BACON)		
SWEET CHILLI CHICKEN O	\$ 3.00	\$ 5.00
LETTUCE, TOMATO, SWEET CHILLI MAYO		
HAM & GARDEN SALAD E	\$ 3.00	\$ 5.00
CHICKEN & GARDEN SALAD E	\$ 3.00	\$ 5.00
TUNA & GARDEN SALAD E	\$ 3.00	\$ 5.00
CHICKEN CAESAR (NO BACON) E	\$ 3.00	\$ 5.20

### EXTRAS

CHEESE, EGG, CHICKEN E	\$ 1.00
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The Canteen Uses Real 100% Breast Chicken

## Meal Deals

Choose One Main Item  
Choose One Drink  
Choose One Other Item

### MAIN ITEM

CHICKEN BREAST NUGGETS X 4	\$ 5.20
HOT DOG	\$ 5.20
ANY SANDWICH	\$ 5.50
ANY HOME MADE PIZZA	\$ 5.80
ANY PASTA OR RICE OR INDIAN FAVOURITES	\$ 6.00
CHICKEN BREAST NUGGETS X 6	\$ 6.20
ANY SALAD BOWL	\$ 6.50
ANY WRAP OR BURGER	\$ 6.50



### OTHER ITEM

- APPLE
- BANANA
- MANDARIN
- POPCORN



### DRINK

- BOTTLE WATER 600ML
- POPPER
- OAK MILK (ADD 50c)



## PASTA & RICE

BUTTER CHICKEN WITH RICE E	\$ 4.00
NAPOLITANA CHICKEN PASTA TOMATO SAUCE E	\$ 4.00
MACARONI & CHEESE EV	\$ 4.00
LASAGNA BEEF E	\$ 4.00
KORMA CURRY VEGETABLES WITH RICE EV	\$ 4.00
BIRYANI RICE CHICKEN OR VEGETARIAN E	\$ 4.00
CHEESE & SPINACH RAVIOLI NAPOLITANA SAUCE EV	\$ 4.00
LASAGNA VEGETABLE GLUTEN FREE EV	\$ 5.00

## INDIAN FAVOURITES

BUTTER CHICKEN WITH RICE E	\$ 4.00
VEGETARIAN CURRY VEGETABLES WITH RICE EV	\$ 4.00
CHICKEN BIRYANI RICE E	\$ 4.00
VEGETARIAN BIRYANI RICE EV	\$ 4.00
TANDOORI CHICKEN WITH RICE E	\$ 4.00
SAMOSA VEGETARIAN LARGE OV	\$ 3.50
NAAN BREAD GARLIC (CHEESE 50C) EV	\$ 3.50

Authentic Indian Made From Premium Ingredients



## BURGERS

SWEET CHILLI ROLL TENDER, CHEESE, BBQ O	\$ 3.50
CHICKEN BREAST FILLET, LETTUCE, MAYO E	\$ 4.50
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE E	\$ 4.50
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO EV	\$ 4.50
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ E	\$ 4.50
CHICKEN, CHEESE & BBQ BREAST FILLET E	\$ 5.00

### EXTRAS

SAUCE PORTION - BBQ, TOMATO SWEET CHILLI	\$ 0.40
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.40
CHEESE SLICE \$ 0.50 SHREDDED CHEESE	\$ 1.00



## FLAVOURS OF ASIA

PAD THAI NOODLES AUTHENTIC CHICKEN & VEGE E	\$ 4.00
PRAWN DUMPLINGS X 4 STEAMED E	\$ 4.50
THAI RED CURRY MILD SAUCE WITH CHICKEN E	\$ 4.00

## HOME MADE PIZZA

CHEESE EV	\$ 3.60
BBQ CHICKEN BBQ SAUCE E	\$ 4.20



## HOT BITES

CHICKEN BREAST NUGGET 100% BREAST O	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL VEGETARIAN OVEN BAKED OV	\$ 0.90
HASH BROWN OV	\$ 1.20
CORN COB EV	\$ 1.20
CHICKEN WING HOT & SPICY E	\$ 1.20
GARLIC BREAD OV	\$ 2.00
HAM & CHEESE ROLL E	\$ 2.50
HOT DOG WITH TOMATO SAUCE (CHICKEN MEAT) O	\$ 3.00
CUP NOODLES * CHICKEN - BEEF - ORIENTAL V O	\$ 3.00
SAMOSA VEGETARIAN LARGE OV	\$ 3.50
NAAN BREAD GARLIC (CHEESE 50C) EV	\$ 3.50

\* Cup Of Noodles Are Not Put In Lunch Baskets \*  
Children Must Collect Them From The Canteen



## NACHOS

CHICKEN NACHOS HOME MADE (CHEESE 50C) O	\$ 4.50
VEGETARIAN NACHOS SALSA (CHEESE 50C) OV	\$ 4.50

## PASTRIES

PARTY PIE LOW FAT O	\$ 1.20
SAUSAGE ROLL LOW FAT O	\$ 3.00
CHEESE & SPINACH ROLL LOW FAT OV	\$ 4.00
POTATO PIE LOW FAT O	\$ 4.50

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Healthy Canteens Australia

FOR EXCLUSIVE WEEKLY SPECIALS & UPDATES

# healthy canteens menu



## Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml  
Plus Choose One :  
Apple or  
Banana



### FRESH & COLD

	REG	LGE
APPLE - MANDARIN - BANANA EV	\$ 1.00	
FROZEN GRAPES SNACK PACK EV	\$ 2.00	
FROZEN ORANGE SNACK PACK EV	\$ 2.00	
WATERMELON BOWL EV	\$ 2.00	\$ 4.00
GRAPES BOWL EV	\$ 2.50	
FRUIT SALAD BOWL EV	\$ 3.00	\$ 4.50
JELLY BOWL OV		\$ 1.50
CUSTARD & JELLY BOWL VANILLA OV		\$ 2.00
CORN FLAKES WITH MILK EV		\$ 2.20
NUTRI GRAIN WITH MILK EV		\$ 2.20
CUSTARD BOWL VANILLA EV		\$ 2.50
YOGHURT LOW FAT VANILLA EV		\$ 3.00



### DRINKS

WATER 600ML E	\$ 2.00
POPPER 100% JUICE 250ML APPLE, ORANGE, ABC E	\$ 1.80
PLAIN MILK 300ML E	\$ 1.80
OAK MILK 300ML CHOCOLATE, STRAWBERRY E	\$ 2.50
JUICE BOMB 250ML ORANGE PASSION, RASPBERRY E	\$ 2.50
CHILL J 100% JUICE 250ML RASPBERRY, GRAPE E	\$ 2.50
UP N GO 250ML CHOCOLATE, VANILLA E	\$ 3.00
APPLE OR ORANGE JUICE 450ML E	\$ 3.50
ICE TEA 500ML PEACH, RASPBERRY E	\$ 3.50
ALOE VERA 500ML GRAPE E	\$ 3.50



### BREAKFAST

TOAST ASSORTED SPREADS EV	\$ 1.00
HASH BROWN OV	\$ 1.20
CHEESE ROCKET MELTED CHEESE EV	\$ 2.00
HOT CHOCOLATE EV	\$ 1.60

Many More Fresh Healthy Items Are Available  
Over The Counter Every Morning



### QUICK BITES

POPCORN EVV	\$ 1.00
BROWNIE HOME MADE O	\$ 1.00
CHIPS 28GM HONEY SOY, SEA SALT O	\$ 1.80
ONLY AVAILABLE OVER THE COUNTER	
PIZZA BUNS HOME MADE SAUCE & CHEESE EV	\$ 1.50
CARROT STICKS & HUMMUS CUP EV	\$ 1.50
CHEESE PACK CHEESE & CRACKERS EV	\$ 1.50
CALCIUM PACK CHEESE PACK + PLAIN MILK EV	\$ 3.00

### ICE COLD TREATS

FROZEN JUICE CUP E	\$ 1.20
APPLE, ORANGE, APPLE BLACKCURRANT	
FRUITY ICE E	\$ 0.50
SOUR SNAP APART E	\$ 1.00
FROZEN JUICE TUBE ASSORTED FLAVOURS E	\$ 1.00
ICE MONY CHOCOLATE, STRAWBERRY E	\$ 1.50
TNT SOURS BLUE RASPBERRY E	\$ 1.50
FROZEN SMOOTHIE MADE IN THE CANTEEN E	\$ 3.00

ALL ICE BLOCKS SOLD IN THE CANTEEN ARE JUICE BASED

Ice Cold Treats Are Not Put Into Your  
Lunch Order Bag. They Should Be Collected  
From The Canteen After The Eating Period



### GLUTEN FREE

GLUTEN FREE

CHICKEN BREAST NUGGET 100% BREAST SDR	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
HASH BROWN* OV	\$ 1.20
MACARONI & CHEESE EV	\$ 5.00
LASAGNA VEGETABLE EV	\$ 5.00
PIRANHA RICE SNAPS VEGE RICE CRACKERS SDR	\$ 2.20
SMITHS CHIPS 27GM SALT & VINEGAR SDR	\$ 1.80

\* HASH BROWNS ARE GLUTEN FREE BUT ARE MADE IN A  
FACTORY THAT PROCESSES PRODUCTS WITH GLUTEN

PLEASE WRITE "GLUTEN FREE"  
ON YOUR LUNCH BAG

## HEALTHY SNACKS - ONLY AVAILABLE OVER THE COUNTER

SUSHI SANDWICH BITES E	\$ 0.50
MINI QUICHES CHICKEN OR VEGETARIAN E	\$ 1.00
NAPOLITANA BOATS CHICKEN NAPOLITANA IN A TOAST CUP E	\$ 1.00
MINI MUFFINS BANANA & HONEY, APPLE & CINNAMON EV	\$ 1.00
SCROLLS ASSORTED FRUIT AND HEALTHY FILLINGS EV	\$ 1.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS EV	\$ 1.00
ZATAAR PIZZA SLICE AUTHENTIC ZATAAR HERBS EV	\$ 1.00
QUESADILLA TRIANGLES ASSORTED FILLINGS EV	\$ 1.00
FRUIT KEBAB SEASONAL FRUITS ON A STICK EV	\$ 1.00
SALSA SALAD TORTILLA CHIPS BOWL EV	\$ 1.50
VERMICELLI NOODLES CARROT, CUCUMBER EV	\$ 1.50

WE ADD LOTS OF NEW HEALTHY COUNTER SNACKS EVERY WEEK  
SEND US A MESSAGE ON FACEBOOK IF YOU HAVE ANY IDEAS



VIETNAMESE RICE PAPER ROLLS FRESH FILLINGS E	\$ 2.00
ASIAN SWEET CORN SOUP EV	\$ 2.00
PAD THAI NOODLES CUP E	\$ 2.00
CHEESE & SPINACH PASTA CUP NAPOLITANA SAUCE EV	\$ 2.00
VEGETARIAN NAPOLITANA PASTA CUP EV	\$ 2.00
SAVOURY PASTRIES FRESH VEGES AND MEATS E	\$ 2.00
BUTTER CHICKEN CUP E	\$ 2.00
SMOOTHIES FRESH FRUIT AND MILK EV	\$ 2.00
SPICY CHICKEN WING & BIRYANI RICE E	\$ 2.00
PASTA NAPOLITANA CHICKEN CUP E	\$ 2.00

YOU CAN FEEL COMFORTABLE KNOWING THAT IF YOU GIVE YOUR  
CHILD \$2 THEY CAN CHOOSE FROM LOTS OF HEALTHY FOODS

ITEMS ON THE MENU ARE HALAL



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