

GREAT CHOICE
Healthy School Canteens

EVERYDAY CHOICES SNACK DEAL \$ 2.50

Choose One

Popper - Water - Plain Milk



Choose One

Fruit Piece - Popcorn



Add 40c Oak Flavoured Milk



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Healthy Canteens Australia

FOR EXCLUSIVE MEAL DEALS, WEEKLY SPECIALS
AND LOTS OF GREAT FOOD IDEAS FOR YOUR KIDS

OCCASIONAL CHOICES HOT FOOD

HOT BITES

CHICKEN NUGGET 100% BREAST	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL VEGE OVEN BAKED VEG	\$ 0.90
HASH BROWN VEG	\$ 1.20
CHEESE & BACON ROLL	\$ 2.50
CUP NOODLES * CHICKEN - BEEF - ORIENTAL VEG	\$ 3.00
HOT DOG WITH SAUCE (CHICKEN)	\$ 3.00

* CUPS OF NOODLES ARE NOT PLACED IN THE LUNCH BASKETS
CHILDREN MUST COLLECT NOODLES FROM THE CANTEEN

PASTRIES

PARTY PIE LOW FAT	\$ 1.20
SAUSAGE ROLL LOW FAT	\$ 3.00
MEAT PIE LOW FAT	\$ 3.50
POTATO PIE LOW FAT	\$ 4.50

MEXICAN

BEEF NACHOS HOME MADE ADD CHEESE 50C	\$ 4.50
VEGE NACHOS TOMATO SALSA ADD CHEESE 50C VEG	\$ 4.50

HOME MADE PIZZA

PEPPERONI CHEESE (OTHER PIZZAS IN EVERYDAY SECTION)	\$ 4.00
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GREAT CHOICE
Healthy School Canteens

EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - RICE PAPER ROLLS

SANDWICHES

VEGEMITE OR JAM OR HONEY VEG	\$ 2.00
CHEESE VEG	\$ 2.00
HAM	\$ 2.50
EGG VEG	\$ 2.80
EGG & LETTUCE VEG	\$ 3.00
HAM & CHEESE	\$ 3.00
CHICKEN	\$ 3.00
SALAD VEG	\$ 3.20
TUNA	\$ 3.20
HAM, CHEESE & TOMATO	\$ 3.20
HAM & SALAD	\$ 3.50
CHICKEN & CHEESE	\$ 3.50
CHICKEN, LETTUCE & MAYO	\$ 3.50
CHICKEN, CHEESE & TOMATO	\$ 3.50
HAM, CHEESE & SALAD	\$ 3.80
CHICKEN & SALAD	\$ 4.00
SWEET CHILLI CHICKEN TENDERS, LETTUCE, MAYO	\$ 4.00
TUNA & SALAD	\$ 4.00
PERI PERI CHICKEN SPICY PERI PERI, LETTUCE	\$ 4.00
RICE PAPER ROLLS x2	
CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 4.00
SWEET CHILLI CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 4.00
EXTRAS	
CHEESE, EGG, CHICKEN	\$ 1.00
SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40

WRAPS LARGE

SALAD LETTUCE, TOMATO, CUC, BEETROOT, CARROT VEG	\$ 4.00
CHICKEN, LETTUCE & MAYO	\$ 4.50
PERI PERI CHICKEN SPICY PERI PERI, LETTUCE	\$ 4.50
LEG HAM & SALAD	\$ 4.50
HAM, CHEESE & SALAD	\$ 4.80
SWEET CHILLI CHICKEN TENDERS, LETTUCE, MAYO	\$ 5.00
CHICKEN SALAD	\$ 5.00
CHICKEN CAESAR SALAD	\$ 5.50

SALAD BOWLS

	REG	LGE
GARDEN VEG LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	\$ 3.00	\$ 4.00
SWEET CHILLI CHICKEN	\$ 3.00	\$ 5.00
HAM & GARDEN SALAD	\$ 3.00	\$ 5.00
CHICKEN & GARDEN SALAD	\$ 3.00	\$ 5.00
TUNA & GARDEN SALAD	\$ 3.50	\$ 5.50
CHICKEN CAESAR	\$ 3.50	\$ 5.50
PERI PERI CHICKEN LET, TOM, CUC	\$ 3.50	\$ 5.50

SUSHI THURSDAY ONLY

CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 3.50
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 3.50
SWEET CHILLI CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 3.50
EXTRAS	
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.40
CHEESE SLICE \$ 0.50 SHREDDED CHEESE	\$ 1.00

GREAT CHOICE
Healthy School Canteens

EVERYDAY CHOICES PASTA - RICE - BURGER - PIZZA - HOT BITE - KEBAB

PASTA - RICE - NOODLES

BUTTER CHICKEN WITH RICE	\$ 4.00
CHICKEN CARBONARA PASTA	\$ 4.00
BOLOGNESE PASTA BEEF SAUCE	\$ 4.00
MEXICAN CHICKEN & RICE	\$ 4.00
NAPOLITANA PASTA TOMATO & HERB SAUCE VEG	\$ 4.00
CHINESE FRIED RICE VEGETARIAN AUTHENTIC VEG	\$ 4.00
VEGETABLE CURRY WITH RICE VEG	\$ 4.00
MACARONI & CHEESE VEG	\$ 4.20
LASAGNE BEEF	\$ 4.20
LASAGNE VEGETABLE GLUTEN FREE VEG	\$ 5.00

BURGERS

CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.50
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO VEG	\$ 4.50
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.50
CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 4.50
PERI PERI CHICKEN SPICY PERI PERI, LETTUCE	\$ 4.50
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00

HOME MADE PIZZA

CHEESE VEG	\$ 3.80
HAM & CHEESE	\$ 4.00

MEXICAN

CHICKEN FAJITA MEXICAN CHICKEN (TOASTED WRAP)	\$ 4.00
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KEBABS

DONER KEBAB & CHEESE BBQ SAUCE	\$ 5.00
DONER KEBAB & SALAD LETTUCE, TOMATO, SAUCE	\$ 5.50

HOT BITES

CORN COB VEG	\$ 1.50
CHICKEN WING HOT & SPICY	\$ 1.20
5 PACK	\$ 5.00
GARLIC BREAD VEG	\$ 2.00
CHEESE TOASTED WRAP VEG	\$ 2.00
HAM & CHEESE TOASTED WRAP	\$ 2.50
PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.00
BBQ MEATLOVERS TOASTED WRAP CHEESE	\$ 3.50
PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00

GREAT CHOICE
Healthy School Canteens

EVERYDAY CHOICES DRINKS

WATER 600ML	\$ 2.00
POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 1.80
PLAIN MILK	\$ 2.00
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.50

CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.50
UP N GO CHOCOLATE, VANILLA	\$ 3.00
ICE TEA PEACH, RASPBERRY	\$ 3.50
ALOE VERA GRAPE	\$ 3.50
HOT CHOCOLATE	\$ 1.60

ALL ITEMS ON THE MENU ARE HALAL (EXCLUDING ALL PORK BASED PRODUCTS)

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VEGETARIAN CHOICES

SANDWICHES - WRAPS - SALADS

VEGEMITE OR JAM OR HONEY	\$ 2.00
CHEESE	\$ 2.00
TOMATO	\$ 2.00
EGG MAYONNAISE	\$ 2.80
EGG & LETTUCE MAYONNAISE	\$ 3.00
SALAD LETTUCE - TOMATO - CUCUMBER - BEETROOT - CARROT	\$ 3.20

WRAPS - SALADS - RICE PAPER ROLLS

SALAD WRAP	\$ 4.00
GARDEN SALAD	\$ 3.00 \$ 4.00
RICE PAPER ROLL ASSORTED SEASONAL VEGES	\$ 4.00

PIZZA - PASTA - RICE - NOODLES

NAPOLITANA PASTA TOMATO & HERB SAUCE	\$ 4.00
CHINESE FRIED RICE AUTHENTIC	\$ 4.00
VEGETABLE CURRY WITH RICE	\$ 4.00
MACARONI & CHEESE	\$ 4.20
LASAGNE VEGETABLE GF	\$ 5.00
PIZZA CHEESE & FRESH TOMATO SAUCE	\$ 3.80

HOT BITES

MINI SPRING ROLL OVEN BAKED	\$ 0.90
CORN COB	\$ 1.50
HASH BROWN	\$ 1.20
GARLIC BREAD	\$ 2.00
TOASTED CHEESE WRAP	\$ 2.00
CUP OF NOODLES ORIENTAL	\$ 3.00
NACHOS WITH TOMATO SALSA ADD CHEESE 50C	\$ 4.50

GLUTEN
FREE

GLUTEN FREE CHOICES

SANDWICHES - WRAPS

GLUTEN FREE BREAD	\$ 1.00
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YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE REGULAR MENU

RICE PAPER ROLLS

CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 3.50
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 3.50

SUSHI THURSDAY ONLY

CHICKEN FRESH CHICKEN BREAST, CUCUMBER	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 4.00

PASTA - RICE

BUTTER CHICKEN WITH RICE	\$ 4.00
NAPOLITANA PASTA TOMATO & HERB SAUCE	\$ 4.00
MACARONI & CHEESE	\$ 5.00
LASAGNE VEGETABLE	\$ 5.00

MEXICAN

BEEF NACHOS HOME MADE ADD CHEESE 50C	\$ 4.50
VEGE NACHOS TOMATO SALSA ADD CHEESE 50C VEG	\$ 4.50

HOT BITES

CHICKEN NUGGETS 100% BREAST	4 PACK \$ 3.20
	6 PACK \$ 4.50
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20
MEAT PIE BEEF	\$ 5.00

SNACKS

JELLY BOWL	\$ 1.50
PIRANHA RICE SNAPS VEGE RICE CRACKERS	\$ 2.20
CHIPS 27G	\$ 2.00

ICE COLD TREATS

SOUR SNAP APARTS	\$ 1.00
FROZEN JUICE CUP	\$ 1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
ICE MONY ALL FRUIT BASED ONES	\$ 1.20

PLEASE WRITE "GLUTEN FREE"
ON YOUR LUNCH BAG

GREAT
CHOICE

Crunch & Sip

\$ 2.50

ONLY AVAILABLE BEFORE 9AM



Bottle Water 600ml



Choose Any Piece
Of Seasonal Fruit
At The Canteen

GREAT
CHOICE

EVERYDAY CHOICES CUSTARD - FRUIT - YOGHURT - MUESLI - WRAPS

HOT BREAKFAST

TOAST ASSORTED SPREADS	\$ 1.00
TOASTED CHEESE WRAP	\$ 2.00
TOASTED HAM & CHEESE WRAP	\$ 2.50
HAM & CHEESE ROLL FRESH OR WARM	\$ 2.50

YOGHURT - MUESLI - FRUIT

YOGHURT CUP (AT THE COUNTER ONLY)	\$ 1.00
MUESLI & YOGHURT (AT THE COUNTER ONLY)	\$ 1.00
FRUIT & YOGHURT (AT THE COUNTER ONLY)	\$ 1.00
VAALIA YOGHURT TUB 160g	\$ 3.00

FRESH FRUIT

	REG	LGE
FRUIT PIECE APPLE - BANANA - MANDARIN		\$ 1.00
FROZEN GRAPES SNACK PACK		\$ 2.00
FROZEN ORANGES SNACK PACK		\$ 2.00
WATERMELON CHUNKS	\$ 2.00	\$ 4.00
FRUIT SALAD SEASONAL FRUITS	\$ 3.00	\$ 4.50

CUSTARD

CUSTARD BOWL VANILLA	\$ 2.50
CUSTARD CUP VANILLA (AT THE COUNTER ONLY)	\$ 1.00

GREAT
CHOICE

EVERYDAY CHOICES ICE BLOCKS - SAVOURY SNACKS - VEGE & DAIRY SNACKS

ICE COLD TREATS

FROZEN JUICE CUP	\$ 1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
FRUITY ICES ASSORTED FLAVOURS	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS	\$ 1.00
ICE MONY	\$ 1.20
CHOCOLATE - BLUE RASPBERRY - RED BERRY - LEMON	
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY)	\$ 1.00
ICE CREAM ONE SCOOP (COUNTER ONLY)	\$ 1.00

ICE BLOCKS ARE 99% JUICE BASED
ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG
COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

SAVOURY SNACKS

POPCORN	\$ 1.00
CARROT & CUCUMBER STICKS CUP	\$ 1.50
CHEESE PACK CHEESE & JATZ CRACKERS	\$ 1.50
VARIETY PACK CARROT - CUCUMBER - CHEESE - JATZ	\$ 2.50
CALCIUM PACK CHEESE PACK + PLAIN MILK	\$ 3.00

THERE ARE MANY MORE FRESHLY MADE ITEMS THAT ARE
DISPLAYED FOR SALE OVER THE COUNTER EACH DAY.
THESE INCLUDE A MIX OF FRESH SWEET & SAVOURY FOODS
ALL ITEMS MADE ARE EVERYDAY RATED FOODS

OCCASIONAL CHOICES SNACKS

BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00
BANANA BREAD	\$ 2.00
CHIPS 27G	\$ 2.00
JELLY BOWL	\$ 1.50
CUSTARD & JELLY BOWL	\$ 2.00
PIRANHA RICE SNAPS VEGE CRACKERS GLUTEN FREE	\$ 2.20

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GREAT
CHOICE

EVERYDAY CHOICES HEALTHY SNACKS - ONLY AVAILABLE OVER THE COUNTER

SUSHI BITES	\$ 1.00	VERMICELLI NOODLES CHICKEN & VEGES	\$ 2.00
MINI QUICHE CHICKEN - VEGETARIAN	\$ 1.00	PASTA BOLOGNESE CUP	\$ 2.00
BOLOGNESE BOAT BEEF BOLOGNESE TOAST CUP	\$ 1.00	PASTA NAPOLITANA CHICKEN OR VEGETARIAN	\$ 2.00
MINI MUFFINS HONEY - ASSORTED FRESH FRUIT	\$ 1.00	CARBONARA PASTA	\$ 2.00
SAVOURY SCROLLS ASSORTED FILLINGS	\$ 1.00	VIETNAMESE RICE PAPER ROLL	\$ 2.00
QUESADILLA TRIANGLES SAVOURY FILLINGS	\$ 1.00	BUTTER CHICKEN WITH RICE	\$ 2.00
ZAATAR PIZZA SLICE AUTHENTIC HERBS & CHEESE	\$ 1.00	CHEESE & SPINACH PASTA NAPOLITANA SAUCE	\$ 2.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS	\$ 1.00	SAVOURY PASTIES FRESH VEGES & MEATS	\$ 2.00
FRUIT KEBAB SEASONAL FRUITS ON A STICK	\$ 1.00	SPICY CHICKEN WING & FRIED RICE	\$ 2.00
PINWHEELS PASTRY WITH SAVOURY FILLINGS	\$ 1.00	WE ADD LOTS OF NEW HEALTHY COUNTER SNACKS EVERY WEEK	
SALSA SALAD BOWL BAKED TORTILLA CHIPS	\$ 1.50	SEND US A MESSAGE ON FACEBOOK IF YOU HAVE ANY IDEAS THAT YOU WOULD LIKE TO SEE US MAKE IN THE CANTEEN	
MEXICAN FAJITAS MEXICAN CHICKEN & CHEESE	\$ 2.00		

EVERYDAY WE MAKE LOTS OF FRESH, HEALTHY SNACKS IN THE CANTEEN FOR YOUR CHILD FOR LESS THAN \$2