

# Canteen Menu

## Sandwiches and Wraps

Pre Order

Toasted – no charge (Rolls add 20c ) wholemeal

Chicken Salad	\$3.10
Chicken, Lettuce, Mayo	\$2.70
Chicken or Ham	\$2.50
Ham Salad	\$3.10
Ham, Cheese, Tomato	\$2.90
Ham and Tomato	\$2.70
Ham and Cheese	\$2.70
Salad	\$2.50
Salad and Beetroot	\$2.70
Egg	\$2.30
Egg and Lettuce	\$2.40
Cheese	\$1.80
Vegemite	\$1.20

## Healthy Options Lunch or Recess Pre Order only

Fruit salad tub	large \$1.50	small \$0.70
Fruit Kebabs		\$0.50
Vege Sticks & Hummus dip		\$1.00
Traffic Light Bite		
cheese, cucumber and tomato bites		\$0.30
Piece of fresh fruit		\$0.80
Fresh seasonal fruit eg: apples, pears, oranges * variety subject to availability.		
<b>Crunch &amp; Sip pack</b>		\$1.50
Bottle of water and piece of fresh fruit (purchased before school or with lunch order)		
<b>Garden Salad tub</b> – lettuce, carrot, egg	\$1.80	
cucumber, tomato, cheese, beetroot		
<b>Garden Salad tub</b> + ham or chicken	\$2.60	



## Great Choice Hot Food Options

Pre Order \$3.50

\*No filling changes to set hot wraps or sliders

<b>Knights Wrap</b> (chicken fillet, cheese, tomato)	
<b>Mega Wrap</b> (Knights + loads of salad)	
<b>Hunger Buster Wrap</b> (Char grilled chicken, full salad, sauce or mayo)	
<b>Sydney Swans Sensation Wrap</b> (chicken breast pops, cheese, tomato & sauce toasted)	
<b>All Star Wrap</b> (Char grilled chicken, lettuce, tomato, cheese and mayo)	
<b>Slider:</b> Chicken with lettuce and mayo	
<b>Slider:</b> Beef and cheese with salad	
<b>Beef Lasagne/Twista Pasta</b>	
<b>Corn on the Cob</b>	\$0.80

## Drinks/Frozen Choices

600ml Water	\$1.00
300ml Moove Milk (choc, strawberry)	\$1.40
300ml Plain Milk	\$1.00
200ml Popper (apple, orange, apple-blackcurrant)	\$1.20
50ml Frozen Juice Cup (apple, orange, blackcurrant)	\$0.60
Frozen Yoghurt (Strawberry/Vanilla Bean)	\$1.60
Fresh Yoghurt tub (strawberry)	\$1.10
Chill J (watermelon/orange-passio/grape)	\$1.60
Frozen Fruit Bag (grapes or pineapple)	\$0.70

## Occasional Hot Food Options

Chicken Dinosaurs (6)	\$3.00
Chicken Dinosaurs (3)	\$1.50
Potato Gems (10)	\$0.80
Nachos	\$3.50
Pizza (Ham and Cheese)	\$2.50
Lean Sausage Roll	\$2.00
Small Lean Chicken & Veg Pie	\$2.00
Large Lean Beef Pie	\$2.60
Extras	
Sauce (tom, bbq, sweet & sour)	\$0.30

## Occasional Snacks

Red Rock Chips (Sea Salt)	\$1.00
Grainwaves	\$1.00
Muffins (low fat blueberry)	\$1.40
Chocolate Mousse Smackers	\$0.70
air popped popcorn	\$0.60
<b>Pikelets (Recess only)</b>	<b>\$0.10</b>
<i>Iceblock choices (over the counter)</i>	
<b>Quelch sticks (pure fruit juice)</b>	<b>\$0.50</b>
<b>Juicies (pure fruit juice)</b>	<b>\$0.60</b>
<b>Snap Stix 99% fruit juice</b>	<b>\$0.70</b>
TNT's (sour raspberry)	\$0.60
Moosies (choc & blue)	\$1.00
Fat Free Ice Cream Cups	\$1.00

NSW Healthy School Canteen

Strategy

Everyday foods Occasional foods

