

# healthy canteens menu



HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL

## SANDWICHES

VEGEMITE E	\$ 2.00
STRAWBERRY JAM E	\$ 2.00
HONEY E	\$ 2.00
CHEESE E	\$ 2.00
HAM E	\$ 2.50
EGG MAYONNAISE E	\$ 3.00
EGG & LETTUCE MAYONNAISE E	\$ 3.00
HAM & CHEESE E	\$ 3.00
SALAD E	\$ 3.00
CHICKEN E	\$ 3.20
TUNA E	\$ 3.20
HAM & SALAD E	\$ 3.30
HAM, CHEESE & TOMATO E	\$ 3.30
CHICKEN & CHEESE E	\$ 3.50
CHICKEN, LETTUCE & MAYO E	\$ 3.50
HAM, CHEESE & SALAD E	\$ 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 E	\$ 2.00
CHICKEN PIZZA ROCKET CHEESE, SAUCE E	\$ 3.00
HAM PIZZA ROCKET CHEESE, SAUCE E	\$ 3.00
SALAD E	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
CAESAR LETTUCE, BACON, EGG, CHEESE E	\$ 4.00
HAM & SALAD E	\$ 4.30
HAM, CHEESE & SALAD E	\$ 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 E	\$ 5.20
<b>RICE PAPER ROLLS</b>	
CHICKEN LETTUCE, CARROT, CUCUMBER E	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES E	\$ 4.00
SWEET CHILLI O	\$ 4.00
CHICKEN TENDERS, LETTUCE, CARROT, CUCUMBER	

Vietnamese Rice Paper Rolls have 2 Per Serve

## SALAD BOWLS

	REG	LGE
GARDEN E	\$ 3.00	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
CAESAR E	\$ 3.00	\$ 4.20
LETTUCE, BACON, EGG, CHEESE, CROUTONS		
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 E	\$ 3.00	\$ 5.20
CHICKEN, LETTUCE, BACON, EGG, CHEESE, CROUTONS		
<b>EXTRAS</b>		
CHEESE, EGG, CHICKEN E	\$ 1.00	

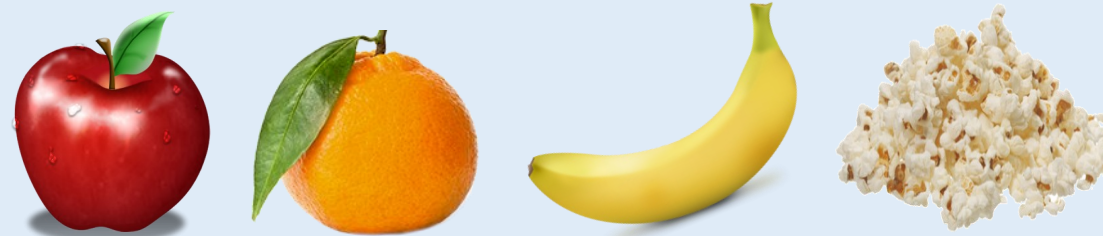
The Canteen Uses Real 100% Breast Chicken For All Our Fresh Sandwiches, Wraps And Salads

# 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	\$ 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
SPAGHETTI BOLOGNESE BEEF SAUCE E	\$ 4.00
MACARONI & CHEESE E	\$ 4.00
LASAGNA BEEF E	\$ 4.00
CHEESE & SPINACH RAVIOLI NAPOLITANA SAUCE E	\$ 4.00
LASAGNA VEGETABLE GLUTEN FREE E	\$ 5.00

Made Fresh On The Premises

## NACHOS

BEEF NACHOS HOME MADE SAUCE ADD CHEESE 50C O	\$ 4.50
SALSA NACHOS TOMATO SALSA ADD CHEESE 50C O	\$ 4.50

## PASTRIES

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

## HOT BITES

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

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

## HOME MADE PIZZA

CHEESE E	\$ 3.60
HAM & CHEESE E	\$ 4.00
BBQ CHICKEN BBQ SAUCE E	\$ 4.20

## 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 E	\$ 4.50
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ E	\$ 4.50
CHICKEN, CHEESE & BBQ BREAST FILLET E	\$ 5.00

### EXTRAS

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

## WORLD FOODS

ZATAAR PIZZA SPECIAL HERBS & CHEESE E	\$ 3.60
PAD THAI NOODLES AUTHENTIC CHICKEN & VEGE E	\$ 4.00
CHINESE FRIED RICE VEGETARIAN AUTHENTIC E	\$ 4.00
PRAWN DUMPLINGS X 4 STEAMED E	\$ 4.50

Made Fresh On The Premises



Healthy Canteens Australia

FOR EXCLUSIVE HEALTHY COUNTER SNACKS & WEEKLY SPECIALS



Online Ordering & Exclusive Weekly Specials

[Flexischools.com.au](http://Flexischools.com.au)

# 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 E	\$ 1.00	
FROZEN GRAPES SNACK PACK E	\$ 2.00	
FROZEN ORANGE SNACK PACK E	\$ 2.00	
WATERMELON BOWL E	\$ 2.00	\$ 4.00
GRAPES BOWL E	\$ 2.50	
FRUIT SALAD BOWL E	\$ 3.00	\$ 4.50
JELLY BOWL O		\$ 1.50
CUSTARD & JELLY BOWL VANILLA O		\$ 2.00
CORN FLAKES WITH MILK E		\$ 2.20
NUTRI GRAIN WITH MILK E		\$ 2.20
CUSTARD BOWL VANILLA E		\$ 2.50
YOGHURT LOW FAT VANILLA E		\$ 3.00

### DRINKS

WATER 600ML E	\$ 2.00
POPPER 100% JUICE 250ML E	\$ 1.80
APPLE, ORANGE, APPLE BLACKCURRANT	
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 FRESH JUICE 450ML E	\$ 3.50
ICE TEA 500ML PEACH, RASPBERRY E	\$ 3.50
ALOE VERA 500ML GRAPE E	\$ 3.50

### BREAKFAST

TOAST ASSORTED SPREADS E	\$ 1.00
HASH BROWN O	\$ 1.20
CHEESE ROCKET MELTED CHEESE E	\$ 2.00
HAM & CHEESE ROLL E	\$ 2.50
HOT CHOCOLATE E	\$ 1.60

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

### QUICK BITES

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

CHICKEN BREAST NUGGET 100% BREAST SDR	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
HASH BROWN* O	\$ 1.20
LASAGNA BEEF E	\$ 5.00
MACARONI & CHEESE E	\$ 5.00
LASAGNA VEGETABLE E	\$ 5.00
MEAT PIE BEEF SDR	\$ 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
BOLOGNESE BOATS BEEF BOLOGNESE IN A TOAST CUP E	\$ 1.00
MINI MUFFINS BANANA & HONEY, APPLE & CINNAMON E	\$ 1.00
SCROLLS ASSORTED FRUIT AND HEALTHY FILLINGS E	\$ 1.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS E	\$ 1.00
ZATAAR PIZZA SLICE AUTHENTIC ZATAAR HERBS E	\$ 1.00
QUESADILLA TRIANGLES ASSORTED FILLINGS E	\$ 1.00
FRUIT KEBAB SEASONAL FRUITS ON A STICK E	\$ 1.00
SALSA SALAD TORTILLA CHIPS BOWL E	\$ 1.50
VERMICELLI NOODLES CHICKEN, CARROT, CUCUMBER E	\$ 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 CHICKEN & SWEET CORN SOUP E	\$ 2.00
PAD THAI NOODLES CUP E	\$ 2.00
CHEESE & SPINACH PASTA CUP NAPOLITANA SAUCE E	\$ 2.00
PASTA BOLOGNESE CUP E	\$ 2.00
SAVOURY PASTRIES FRESH VEGES AND MEATS E	\$ 2.00
BUTTER CHICKEN CUP E	\$ 2.00
SMOOTHIES FRESH FRUIT AND MILK E	\$ 2.00
SPICY CHICKEN WING & VEGE FRIED RICE E	\$ 2.00
PASTA NAPOLITANA CHICKEN OR VEGETARIAN 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 (EXCLUDING ALL PORK BASED PRODUCTS)



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