



healthy canteens menu

healthycanteens.com.au



SANDWICHES & WRAPS

GREAT CHOICE

	SANDWICH	WRAP
E VEGEMITE OR JAM VEG	\$2.00	
E CHEESE VEG	\$2.00	
E HAM	\$2.50	
E CHEESE & TOMATO VEG	\$3.00	
E HAM & CHEESE	\$3.00	\$5.00
E EGG VEG	\$3.00	
E CHICKEN WITH MAYO	\$3.50	
E EGG & LETTUCE VEG	\$3.50	\$5.00
E CURRIED EGG & LETTUCE VEG	\$3.50	\$5.00
E HAM, CHEESE & TOMATO	\$3.50	\$5.00
E CHICKEN & CHEESE	\$3.50	\$5.00
E SALAD VEG	\$3.50	\$5.00
E SWEET CHILLI CHICKEN	\$4.00	\$5.00
E HAM & SALAD	\$4.00	\$5.50
E PERI PERI CHICKEN & LETTUCE	\$4.00	\$5.50
E CHICKEN, LETTUCE & MAYO	\$4.00	\$5.50
E CHICKEN, CHEESE & TOMATO	\$4.00	\$5.50
E CHICKEN & SALAD	\$4.00	\$5.50
E CHICKEN CAESAR SALAD		\$5.50

SANDWICHES NOW HAVE MORE FILLINGS !

SALAD BOWLS

GREAT CHOICE

E GARDEN SALAD VEG	\$4.50 GF
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
E SWEET CHILLI CHICKEN SALAD	\$5.00
E HAM & GARDEN SALAD	\$5.00 GF
E CHICKEN & GARDEN SALAD	\$5.00 GF
E CHICKEN CAESAR SALAD	\$5.00
E PERI PERI CHICKEN SALAD	\$5.00 GF

CHOOSE ANY OF THESE DRESSINGS :

CAESAR, ITALIAN, MAYO, FRENCH, PERI PERI, GARLIC AIOLI

FRESH FRUIT

GREAT CHOICE

E FRUIT WATERMELON, APPLE, BANANA, SEASONAL FRUITS	\$1.00
E FROZEN ORANGES SNACK PACK	\$2.00
E WATERMELON CHUNKS	\$4.50
E FRUIT SALAD SEASONAL FRUITS	\$5.00

FOOD CODING

VEG VEGETARIAN	GF GLUTEN FREE
E EVERYDAY RATED	O OCCASIONAL RATED

ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)

SNACK DEAL \$ 2.50

Choose One

Popper - Water - Plain Milk



Fruit Piece Or Popcorn
Add 50c Oak Milk



DRINKS

GREAT CHOICE

E POPPER 100% JUICE APPLE, ORANGE, ABC	\$2.00
E WATER 600ML	\$2.00
E PLAIN MILK 300ML	\$2.00
E OAK MILK 300ML CHOCOLATE, STRAWBERRY	\$2.50
E GLEE 250ML 100% JUICE	\$2.60
RASPBERRY, GRAPE, WATERMELON SOUR	
E UP N GO 250ML CHOCOLATE, VANILLA	\$3.00
E ICE TEA 500ML PEACH, RASPBERRY	\$3.60
E ALOE VERA 500ML GRAPE	\$3.60
E HOT CHOCOLATE	\$1.80

ICE COLD TREATS

99% JUICE

GREAT CHOICE

E FROZEN JUICE CUP ASSORTED FLAVOURS	\$1.50 GF
E FRUITY ICES ASSORTED FLAVOURS	\$0.50 GF
E SOUR SNAP APARTS ASSORTED FLAVOURS	\$1.00 GF

ICE BLOCKS ARE NOT PUT IN YOUR LUNCH ORDER BAG
ASK YOUR CHILD TO GO AND COLLECT IT FROM
THE CANTEEN DURING THEIR LUNCH BREAK

YOGHURT

E VAALIA YOGHURT VANILLA	\$3.50
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SNACKS

E PANCAKE	\$1.00
E POPCORN GF	\$1.00
O BROWNIE OUR FAMOUS BITE SIZE SNACK	\$1.00
O CHIPS 27G HONEY SOY	\$2.00
O PIRANHA RICE SNAPS VEGE CRACKERS	\$2.20 GF
O JELLY BOWL	\$1.50 GF
O BANANA BREAD	\$2.50
O MUFFIN CHOCOLATE	\$3.50

flexischools

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GLUTEN FREE

WRITE "GLUTEN FREE" ON YOUR LUNCH BAG

ALL OF OUR GLUTEN FREE ITEMS HAVE
"GF" NEXT TO THE PRICE

SUSHI ROLLS

GLUTEN FREE

GREAT CHOICE

BIGGER & TASTIER ALL NEW SUSHI ROLLS

E CHICKEN TERIYAKI	\$4.00 GF
E TUNA	\$4.00 GF
E VEGETARIAN VEG	\$4.00 GF

WRITE "SOY SAUCE" ON YOUR LUNCH BAG
IF YOU WOULD LIKE ONE FOR FREE

EXTRAS

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

HOT BITES

O CHICKEN NUGGETS 100% BREAST	EACH \$0.80	4 PACK \$3.00	6 PACK \$4.20
E CHICKEN WINGS HOT & SPICY	EACH \$1.40		
E MINI SPRING ROLL OVEN BAKED VEG	\$0.90		
E CORN COB VEG	\$1.20		
O HASH BROWN VEG	\$1.20 GF		
E GARLIC BREAD VEG	\$2.20		
O CHEESE & BACON ROLL WARM	\$2.70		
E HOT DOG WITH TOMATO SAUCE (CHICKEN)	\$3.30		
O GLUTEN FREE CHICKEN NUGGETS	EACH \$0.80 GF	4 PACK \$3.00 GF	6 PACK \$4.20 GF

TOASTED WRAPS

E CHEESE TOASTED WRAP VEG	\$2.00
E HAM & CHEESE TOASTED WRAP	\$3.00
E CHICKEN, CHEESE & BBQ BBQ SAUCE	\$5.00
E SWEET CHILLI CHICKEN CHEESE, SAUCE	\$5.00

PIES & PASTRIES

O PARTY PIE LOW FAT	x3 \$4	\$1.40
O SAUSAGE ROLL LOW FAT		\$3.50
O MEAT PIE LOW FAT		\$4.50
O POTATO PIE LOW FAT		\$4.50
E BEEF PIE GLUTEN FREE		\$5.00 GF

DUMPLINGS

ASK FOR SOY SAUCE FREE

E PRAWN DUMPLINGS X 4 STEAMED	\$5.00
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MEXICAN NACHOS

GLUTEN FREE

O BEEF NACHOS HOME MADE ADD CHEESE 50C	\$4.70 GF
O VEGE NACHOS TOMATO SALSA ADD CHEESE 50C VEG	\$4.70 GF

CUP OF NOODLES

O CHICKEN	\$3.00
O BEEF	\$3.00
E ORIENTAL VEG	\$3.00
O TOM YUM HOT & SPICY	\$3.00

NOODLE CUPS ARE NOT PUT IN LUNCH ORDER BAGS
YOUR CHILD MUST GO AND COLLECT IT FROM
THE CANTEEN DURING THEIR EATING PERIOD

MEAL DEALS

GREAT CHOICE

MONDAY \$6

PASTA OR RICE CHOOSE ANY ONE
GLUTEN FREE LASAGNE OR MAC & CHEESE \$6.50

TUESDAY \$6

HOME MADE PIZZA CHOOSE ANY ONE

WEDNESDAY \$6

SANDWICH CHOOSE ANY ONE

+ POPPER OR WATER (ADD 50c FOR OAK MILK) + POPCORN

WRITE "MEAL DEAL" ON YOUR LUNCH BAG
+ THE FOOD & DRINK YOU WANT

PASTAS & RICE

GREAT CHOICE

E BUTTER CHICKEN WITH RICE LARGE \$6	\$4.00 GF
E BOLOGNESE PASTA BEEF SAUCE	\$4.00
E CREAMY CHICKEN PASTA	\$4.00
E FRIED RICE VEG	\$4.50
E MACARONI & CHEESE VEG	\$4.50
E LASAGNE BEEF	\$4.50

VEGETARIAN

E FRIED RICE VEG	\$4.50
GLUTEN FREE WRITE "GLUTEN FREE" ON BAG	
E MACARONI & CHEESE GLUTEN FREE VEG	\$5.00 GF
E LASAGNE VEGE GLUTEN FREE VEG	\$5.00 GF
E LASAGNE BEEF GLUTEN FREE	\$5.00 GF

BURGERS

GREAT CHOICE

E CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$4.80
E AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$4.80
E CHICKEN BREAST FILLET, LETTUCE, MAYO	\$4.80
E CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$5.00
E HOT & SPICY CHICKEN BURGER LETTUCE, MAYO	\$5.00

SAUCES : BBQ, TOMATO, PERI PERI, MAYO, SWEET CHILLI

HOME MADE PIZZAS

NOW EVEN TASTIER WITH MORE MEATS

E CHEESE VEG	\$3.80
E HAM & CHEESE	\$4.50
E PEPPERONI & CHEESE	\$4.50