

healthy canteens menu



Crunch & Sip \$2.50

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



BREAKFAST

TOAST ASSORTED SPREADS E V	\$ 1.00
HASH BROWN O V	\$ 1.20
CHEESE ROCKET MELTED CHEESE E V	\$ 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 V	\$ 1.00
BROWNIE HOME MADE O V	\$ 1.00
CHIPS 28GM HONEY SOY, SEA SALT O V	\$ 1.80
PIZZA BUNS HOME MADE SAUCE & CHEESE E V	\$ 1.50
ONLY AVAILABLE OVER THE COUNTER	
CARROT STICKS & HUMMUS CUP E V	\$ 1.50
CHEESE PACK CHEESE & CRACKERS E V	\$ 1.50
CALCIUM PACK CHEESE PACK + PLAIN MILK E V	\$ 3.00
VARIETY PACK CARROT, CHEESE, CRACKER, HUMMUS E V	\$ 3.00

ICE COLD TREATS

FROZEN JUICE CUP E	\$ 1.20
APPLE, ORANGE, APPLE BLACKCURRANT	
FRUITY ICE E	\$ 0.50
SNAP STICKS 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 99% 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 V	\$ 1.20
LASAGNA BEEF E	\$ 5.00
MACARONI & CHEESE E V	\$ 5.00
LASAGNA VEGETABLE E V	\$ 5.00
MEAT PIE BEEF SDR	\$ 5.00
PIRANHA RICE SNAPS VEGE RICE CRACKERS SDR V	\$ 2.20
SMITHS CHIPS 27GM SALT & VINEGAR SDR V	\$ 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 V	\$ 0.50
MINI QUICHES CHICKEN OR VEGETARIAN E V	\$ 1.00
BOLOGNESE BOATS BEEF BOLOGNESE IN A TOAST CUP E	\$ 1.00
MINI MUFFINS BANANA & HONEY, APPLE & CINNAMON E V	\$ 1.00
SCROLLS ASSORTED FRUIT AND HEALTHY FILLINGS E V	\$ 1.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS E V	\$ 1.00
ZATAAR PIZZA SLICE AUTHENTIC ZAATAR HERBS E V	\$ 1.00
QUESADILLA TRIANGLES ASSORTED FILLINGS E	\$ 1.00
FRUIT KEBAB SEASONAL FRUITS ON A STICK E V	\$ 1.00
SALSA SALAD TORTILLA CHIPS BOWL E V	\$ 1.50
VERMICELLI NOODLES CHICKEN, CARROT, CUCUMBER E	\$ 2.00

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 V	\$ 2.00
ASIAN CHICKEN & SWEET CORN SOUP E	\$ 2.00
PAD THAI NOODLES CUP E	\$ 2.00
CHEESE & SPINACH PASTA CUP NAPOLITANA SAUCE E V	\$ 2.00
PASTA BOLOGNESE CUP E	\$ 2.00
SAVOURY PASTRIES FRESH VEGES AND MEATS E V	\$ 2.00
BUTTER CHICKEN CUP E	\$ 2.00
SMOOTHIES FRESH FRUIT AND MILK E V	\$ 2.00
SPICY CHICKEN WING & VEGE FRIED RICE E	\$ 2.00
PASTA NAPOLITANA CHICKEN OR VEGETARIAN E V	\$ 2.00

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

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



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HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL



SANDWICHES

VEGEMITE OR JAM OR HONEY EV	\$ 2.00
CHEESE EV	\$ 2.00
HAM E	\$ 2.50
EGG OR EGG & LETTUCE EV	\$ 3.00
HAM & CHEESE E	\$ 3.00
SALAD EV	\$ 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

Meal Deals

Choose One Main Item
Choose One Drink
Choose One Other Item

MAIN ITEM

ANY SANDWICH	\$ 5.50
ANY HOME MADE PIZZA	\$ 5.80
ANY PASTA OR RICE	\$ 6.00
ANY FLAVOURS OF ASIA	\$ 6.00
ANY SALAD BOWL (EVERYDAY RATED)	\$ 6.50
ANY WRAP (EVERYDAY RATED)	\$ 6.50
ANY BURGER	\$ 6.50



OTHER ITEM

- APPLE
- BANANA
- MANDARIN
- POPCORN



DRINK

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



WRAPS

CHEESE ROCKET MELTED CHEESE EV	\$ 2.00
CHICKEN PIZZA ROCKET CHEESE, SAUCE E	\$ 3.00
HAM PIZZA ROCKET CHEESE, SAUCE E	\$ 3.00
SALAD EV LETTUCE, TOMATO, CUC, BEETROOT, CARROT	\$ 4.00
HAM & SALAD E	\$ 4.30
HAM, CHEESE & SALAD E	\$ 4.50
CHICKEN, LETTUCE & MAYO E	\$ 4.50
SWEET CHILLI CHICKEN O TENDERS, LETTUCE, MAYO	\$ 4.80
CHICKEN SALAD E	\$ 4.80
CHICKEN CAESAR SALAD E	\$ 5.20

RICE PAPER ROLLS

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

Vietnamese Rice Paper Rolls have 2 Per Serve



SALAD BOWLS

	REG	LGE
GARDEN E	\$ 3.00	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
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
TANDOORI CHICKEN SALAD E	\$ 3.00	\$ 5.20
LETTUCE, TOMATO, CUCUMBER		
CHICKEN CAESAR O	\$ 3.00	\$ 5.20
LETTUCE, CHICKEN, BACON, EGG, CHEESE, CROUTONS		

EXTRAS

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



PASTA & RICE

BUTTER CHICKEN WITH RICE E	\$ 4.00
SPAGHETTI BOLOGNESE BEEF SAUCE E	\$ 4.00
MACARONI & CHEESE EV	\$ 4.00
VEGETABLE KORMA CURRY WITH RICE EV	\$ 4.00
TANDOORI CHICKEN WITH RICE E	\$ 4.00
LASAGNA BEEF EH	\$ 4.00
CHEESE & SPINACH RAVIOLI NAPOLITANA SAUCE EV	\$ 4.00
LASAGNA VEGETABLE GLUTEN FREE EV	\$ 5.00



FLAVOURS OF ASIA

NOODLES

PAD THAI NOODLES AUTHENTIC CHICKEN & VEGE E	\$ 4.00
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RICES

CHINESE FRIED RICE VEGETARIAN AUTHENTIC EV	\$ 4.00
TANDOORI CHICKEN WITH RICE E	\$ 4.00
VEGETABLE KORMA CURRY WITH RICE EV	\$ 4.00
SAMOSA VEGETARIAN LARGE OV	\$ 3.50

BREAD & DUMPLINGS

NAAN BREAD CHEESE EV	\$ 3.50
PRAWN DUMPLINGS X 4 STEAMED E	\$ 4.50



HOT BITES

CHICKEN BREAST NUGGET 100% BREAST OH	\$ 0.70
4 PACK	\$ 2.80
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
CUP NOODLES * CHICKEN - BEEF - ORIENTAL V O	\$ 3.00
SAMOSA VEGETARIAN LARGE EV	\$ 3.50
NAAN BREAD CHEESE EV	\$ 3.50

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

HOME MADE PIZZA

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



BURGERS

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

NACHOS

BEEF NACHOS HOME MADE ADD CHEESE 50c O	\$ 4.50
VEGE NACHOS TOMATO SALSA ADD CHEESE 50c OV	\$ 4.50

PASTRIES

PARTY PIE LOW FAT O	\$ 1.20
SAUSAGE ROLL LOW FAT O	\$ 3.00
MEAT PIE LOW FAT O	\$ 3.50
CHEESE & SPINACH ROLL LOW FAT OV	\$ 4.50
POTATO PIE LOW FAT O	\$ 4.50



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Healthy Canteens Australia

FOR EXCLUSIVE HEALTHY COUNTER SNACKS AND WEEKLY SPECIALS UPDATES