



healthycanteens.com.au

healthy canteens menu

2020 CANTEEN MENU



HEALTHY CANTEENS FOOD CODES

GREAT CHOICE LOGO EVERYDAY FOOD

RED BOX OCCASIONAL FOOD

SNACK DEAL

\$ 2.50

Choose One

Popper - Water - Plain Milk



Fruit Piece Or Popcorn



Add 50c Oak Flavoured Milk



EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - FRUITS - CUSTARD

SANDWICH & WRAPS

	SANDWICH	WRAP
VEGEMITE OR JAM <i>VEG</i>	\$ 2.00	
CHEESE <i>VEG</i>	\$ 2.00	
HAM	\$ 2.50	
EGG <i>VEG</i>	\$ 3.00	
HAM & CHEESE	\$ 3.00	
EGG & LETTUCE <i>VEG</i>	\$ 3.50	
SALAD <i>VEG</i>	\$ 3.50	\$ 5.00
HAM, CHEESE & TOMATO	\$ 3.50	
CHICKEN & CHEESE	\$ 3.50	
CHICKEN, CHEESE & TOMATO	\$ 4.00	
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00
HAM & SALAD	\$ 4.00	\$ 5.50
CHICKEN, LETTUCE & MAYO	\$ 4.00	\$ 5.50
CHICKEN & SALAD	\$ 4.00	\$ 5.50
CHICKEN CAESAR SALAD		\$ 5.50
EXTRAS		
SAUCE PORTION - BBQ OR TOMATO SAUCE		\$ 0.40
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION		\$ 0.50
CHEESE SLICE		\$ 0.50
CHICKEN, HAM, EGG, SHREDDED CHEESE		\$ 1.00

SALAD BOWLS

	REG	LGE
GARDEN SALAD <i>VEG</i>	\$ 3.50	\$ 5.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
SWEET CHILLI CHICKEN SALAD	\$ 3.50	\$ 6.00
HAM & GARDEN SALAD	\$ 3.50	\$ 6.00
CHICKEN & GARDEN SALAD	\$ 3.50	\$ 6.00
CHICKEN CAESAR SALAD	\$ 3.50	\$ 6.00

SUSHI WEDNESDAY & THURSDAY

CHICKEN TERIYAKI	\$ 3.50
VEGETARIAN FRESH SEASONAL VEGES <i>VEG GF</i>	\$ 3.50
SWEET CHILLI CHICKEN SWEET CHILLI MAYO	\$ 3.50

FRESH FRUIT

	REG	LGE
FRUIT WATERMELON, APPLE, BANANA, MANDARIN		\$ 1.00
FROZEN ORANGES SNACK PACK		\$ 2.00
WATERMELON CHUNKS	\$ 3.50	\$ 4.50
FRUIT SALAD SEASONAL FRUITS	\$ 4.00	\$ 5.00

CUSTARD

CUSTARD BOWL VANILLA	\$ 2.80
CUSTARD CUP VANILLA OVER THE COUNTER ONLY	\$ 1.00

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EVERYDAY CHOICES

DRINKS

JUICE - WATER - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00	CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.60
WATER 600ML	\$ 2.00	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.60
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.60
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.60	HOT CHOCOLATE	\$ 1.80



EVERYDAY CHOICES

PASTA - RICE - BURGERS - PIZZA - HOT BITES

PASTA - RICE

BUTTER CHICKEN WITH RICE <i>GF</i>	LARGE \$6	\$ 4.00
BOLOGNESE PASTA BEEF SAUCE		\$ 4.00
MACARONI & CHEESE <i>VEG</i>		\$ 4.50
LASAGNE BEEF	LARGE \$6.5	\$ 4.50
LASAGNE VEGE <i>GF VEG</i>		\$ 5.00

BURGERS

CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO <i>VEG</i>	\$ 4.80
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80
CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 4.80
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00
DONER KEBAB BURGER KEBAB MEAT, BBQ SAUCE	\$ 5.00

HOME MADE PIZZAS

CHEESE <i>VEG</i>	\$ 3.80
HAM & CHEESE	\$ 4.50
PEPPERONI & CHEESE	\$ 4.50

HOT BITES

CORN COB <i>VEG</i>	\$ 1.30
CHICKEN WING HOT & SPICY	\$ 1.40
GARLIC BREAD <i>VEG</i>	\$ 2.20
CHEESE TOASTED WRAP <i>VEG</i>	\$ 2.00
HAM & CHEESE TOASTED WRAP	\$ 3.00
PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.30
PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00

EVERYDAY CHOICES ICE BLOCKS - SNACKS

ICE COLD TREATS

99% JUICE BASED

FROZEN JUICE CUP APPLE - ORANGE - ABC <i>GF</i>	\$ 1.50
FRUITY ICES ASSORTED FLAVOURS <i>GF</i>	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS <i>GF</i>	\$ 1.00
ICE MONY BLUE RASPBERRY - RED BERRY - LEMON <i>GF</i>	\$ 1.30
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY) <i>GF</i>	\$ 1.00

* ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

SAVOURY SNACKS

POPCORN <i>GF</i>	\$ 1.00
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YOGHURT & CUSTARD

CUSTARD BOWL VANILLA	\$ 2.80
VAALIA YOGHURT VANILLA	\$ 3.50
CUSTARD CUP VANILLA OVER THE COUNTER ONLY	\$ 1.00



GLUTEN FREE FOODS

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

HOT FOODS

MACARONI & CHEESE	\$ 5.00
CHICKEN NUGGETS 4 PACK \$ 3.20 6 PACK \$ 4.50	
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20

THERE ARE LOTS OF OTHER GLUTEN FREE FOODS LISTED ON THE MAIN MENU. THEY HAVE "GF" NEXT TO THEM

IF YOU ORDER ANY OF THE ABOVE FOODS PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG

FOOD CODING : VEG VEGETARIAN GF GLUTEN FREE

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

EVERYDAY CHOICES BREAKFAST

LOTS OF BREAKFAST ITEMS ARE AVAILABLE FROM THE COUNTER AT THE CANTEEN EVERY MORNING INCLUDING :

TOASTED WRAPS - FRUITS - YOGHURT - CUSTARD - MILK



Crunch & Sip

\$2.50



Bottle Water 600ml



Choose Any Piece Of Seasonal Fruit