Cool Summer’ Recess Specials

**MONDAY**
- **Milo Madness!** – Ice cold Milo & a Muffin
  
**TUESDAY**
- **Eskimo Cup** - Ice cream with frozen grapes
  
**WEDNESDAY**
- **Banana Buzz** – Banana smoothie & Cereal Munch
  
**THURSDAY**
- **Pizza Pizzazz!** Pizza Slice and a frozen Juice cup
  
**FRIDAY**
- **Friday Frenzy!** - Garlic Roll & Juice box

**Hot Food**

- ♥ Corn on the Cob  
  1.50
- ♥ Home Made Pizza  
  Low fat base topped with choice of lean toppings:  
  Ham or Chicken with cheese, pineapple  
  3.50
- ♥ Hot Dog  
  Hot dog in a roll with or without sauce  
  3.50
- ♥ Sushi Roll: 1 Tuna sushi roll with soy dipping sauce  
  4.00
- ♥ Potato Wedges  
  Tub of potato wedges with sweet chilli dipping sauce  
  4.00
- ♥ Chicken Yumbo  
  Soft roll with Chicken pattie, lettuce & mayo  
  4.50
- ♥ Pasta  
  Ravioli or Macaroni Cheese  
  4.00
- ♥ Quesadilla Wedges:  
  A toasted tortilla sandwich of ham, spinach & cheese cut into wedges  
  5.50
- ♥ Baked Potato topped with:  
  Baked Beans & Cheese; Bolognaise & Cheese; Chicken/Ham, Cheese  
  5.00
- ♥ Aussie Burger  
  Beef or Veggie pattie in a w/grain roll with the lot:  
  Lettuce, sliced tomato, beetroot, shredded carrot & tomato sauce  
  5.50
- ♥ Fish Finger Salad  
  3 oven baked fish fingers on a bed of lettuce, cucumber, tomato and mayo  
  3.50

**Mrs. Mac’s Good Eating Reduced Fat & Salt Pastries, with or w/out sauce**

- ♥ Sausage Roll 120g  
  2.50
- ♥ Pie, 120g  
  3.50

**Deals**

- ♥ Quesadilla Deal  
  6.50
  Quesadilla Wedges  
  Served in a box with finger salad (lettuce, carrot, tomatoes) & a frozen juice cup.

- ♥ Pizza Deal  
  5.00
  Any Pizza with a Muffin and Frozen Juice Cup

**Toasties, Sandwiches, Wraps & Rolls**

- ♥ Sandwich or Toastie  
  *Bread used is wholemeal*  
  1 filling  
  3.00

- ♥ Roll  
  *Rolls used are wholegrain*  
  1 filling  
  3.50

**Protein filling options**

- Cheese
- Ham
- B/Beans
- Chicken

**Salad filling options**

- Carrot
- Cucumber
- Tomato
- Lettuce

**Add 50c for additional single fillings.**
**Add $1 for Mixed Salad Fill** (4 salads): lettuce, carrot, tomato & cucumber

- ♥ Wraps
  Ham, Dijonnaise Mustard with shredded lettuce & grated carrot
  Chicken, Cranberry with shredded lettuce & grated carrot
  Chicken Tender Bite, with shredded lettuce, grated carrot

**Salads**

- ♥ Salad Bag:  
  lettuce, cucumber, celery & carrot sticks  
  2.50

- ♥ Salad Box:  
  lettuce, chunks of tomato, cucumber, celery & carrot sticks  
  Choose one of:  
  Chicken/ Cheese & Egg / Ham / Tuna
  5.50

- ♥ Garlic Roll  
  1.00

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- ♥ Roll  
  *Rolls used are wholegrain*  
  1 filling  
  3.50

**Protein filling options**

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- Ham
- B/Beans
- Chicken

**Salad filling options**

- Carrot
- Cucumber
- Tomato
- Lettuce
### Dairy Snacks
- Frozen Moosie *Strawberry or banana* 1.50
- Vanilla Ice Cream Cup 2.00
- Frozen Yoghurt Tub 2.00

### Fruit Snacks
- Crazy Carrot Sticks, bag of 60
- Tub of Frozen Grapes 1.50
- Tub of Peaches 2.00
- Frozen Pineapple Ring 50

### Other Snacks
- Cereal Munch, per scoop 60
- Muffin *low fat* 1.00
  - Banana, chocolate, blueberry
- ANZAC Cookie *homemade rolled oats & fruit* 1.00
- Popcorn, packet 50

### Drinks
- Spring Water 1.50
- Juice *250ml* 100% Juice 2.00
  - Apple, orange,
- Juice box *150ml* 1.50
- Flavoured Milk, *250ml* 2.50
  - Fat reduced, chocolate or strawberry
- Devondale Choc Milk 1.50

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**Hallett Cove East Primary School**

**2015 Summer Menu**

The Canteen Menu aims to provide healthy and nutritious food and drinks consistent with the DECD ‘Right Bite’ Healthy Food & Drink Supply Policy for Schools and Preschools.

*Right Bite uses a colour code GREEN, AMBER and RED to classify food and drink according to their nutritional value.*

**GREEN end of the Right Bite Food Spectrum**
Food and drinks that fall into, or close to this area of the spectrum are considered to be the most nutritious and healthiest choices.

**AMBER section of the Food Spectrum**
Food and drink in this section of the spectrum are nutritious and are still good choices, but tend to have some added sugar, salt and/or fat.

**RED end of the Food Spectrum**
Food and drink that fall into this end of the spectrum are energy dense and nutrient poor and so school canteens no longer sell these items.

All items on the Menu fit into the GREEN and AMBER section of the Right Bite Food Spectrum

❤️ = healthiest choice

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**TO ORDER LUNCH FROM THE CANTEEN**

1. Write your Child’s Name and Room Number on a large paper lunch bag.
2. Using the Canteen Menu, choose their lunch.
3. Write the items you wish to order onto the bag.
4. Enclose the correct money if possible. For hygiene reasons please wrap the lunch money before placing it in the bag.
5. Place the lunch order in the Class Lunch Crate at the start of the day.
6. To request more lunch bags, write “More Bags Please” onto your lunch order bag. (80c for 20)

The Canteen is open Monday to Friday 9.30am to 1.30pm

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*No GST is charged on any of the menu items.*