**Summer Coolers’ Recess Specials**

**Monday**
- **Banana Buzz**
  - 2.00
  - Banana Smoothie with a choice of cereal munch or Muffin

**Tuesday**
- **Mi-lo Madness & Muffin**
  - Icy Cold Milo Milkshake & low fat Muffin
  - 2.00

**Wednesday**
- **Strawberry Smoothie & Anzac Cookie**
  - 2.00

**Thursday**
- **Eskimo Cup**
  - Tub of cubed watermelon or chilled grapes topped with a ball of ice-cream
  - 2.00

**Friday**
- **Mi-lo Madness & Muffin**
  - Icy Cold Milo Milkshake & low fat Muffin or Cookie
  - 2.00

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**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
  - 3.00

- **Hot Dog**
  - Hot dog in a wholegrain roll with or without sauce
  - 3.50

- **Soup**
  - Chicken Noodle & Veg
  - 3.50

- **Potato Wedges**
  - Tub of potato wedges with sweet chilli dipping sauce
  - 4.00

- **Chicken Pita Pocket - mini pita pocket with**
  - Chicken Pattie, lettuce, tomato & mayo
  - 4.00

- **Sushi Roll**
  - Tuna (Tuna Avocado & Cucumber)
  - 3.50

- **Pasta**
  - Lasagne, beef
  - 4.00
  - Macaroni Cheese
  - 4.00

- **Baked Potato topped with:**
  - Baked Beans & Cheese; Bolognaise & Cheese; Chicken/Ham, Cheese
  - 5.00

- **Aussie Burger**
  - Beef Pattie in a w/grain roll with the lot:
    - Lettuce, sliced tomato, beetroot, shredded carrot & tomato sauce
  - 5.00

- **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

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**Toasties, Sandwiches, Wraps & Rolls**

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

- **Roll**
  - Rolls used are long and w/grain
  - 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**
  - 4.50
  - Ham, Dijonnaise Mustard with shredded lettuce & grated carrot
  - Chicken, Cranberry with shredded lettuce & grated carrot
  - Chicken Tender Bite, with shredded lettuce, grated carrot

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**Salads**

- **Salad Bag**
  - lettuce, cucumber, celery & carrot sticks
  - 2.50

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

- **Buttered Dinner Roll**
  - 60c

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**Lunch Deals**

- **Pizza Deal**
  - 5.50
  - Any large Pizza
  - Juice Box & Muffin

- **Dim Sim Deal**
  - 5.50
  - 2 x oven-baked Dim Sims
  - Tub of dipping sauce (tomato or sweet chili)
  - Tub of Custard/Yoghurt with Fruit

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  - Icy Cold Milo Milkshake & low fat Muffin or Cookie
  - 2.00
Dairy Snacks

- Frozen Moosie Strawberry or banana 1.50
- Vanilla Ice Cream Cup 2.00
- Greek Yoghurt Tub topped with fruit 2.50
- Frozen Yoghurt Tub 2.50

Fruit Snacks

- Crazy Carrot Sticks, bag of 60c
- Orange Wedges, bag of 1.50
- Tub of Peaches 2.00
- Frozen Pineapple Ring 50c

Other Snacks

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

Drinks

- Iceblocks, all 99% or 100% Juice
- Spring Water 1.50
- Juice 250ml 100% Juice 2.00
- Juice box 150ml 1.50
- Jucie – frozen Juice block 1.00
- Flavoured Milk, 250ml 2.50

Hallett Cove East Primary School

2014 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 so 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

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)

No GST is charged on any of the menu items.