### Hot Food

- **Corn on the Cob**
  - 1.50

- **Handmade Pizza**
  - Low fat base topped with choice of lean toppings: Ham or Chicken with cheese, pineapple
  - 4.00

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

- **Handmade Butter Chicken & Rice**
  - Chicken pieces in a mild curry sauce served with steamed rice
  - 5.00

- **Sushi Roll**
  - 1 Tuna sushi roll with soy dipping sauce
  - 4.00

- **Potato Wedges**
  - Tub of potato wedges (sweet chilli dipping sauce 20c extra)
  - 4.00

- **Chicken Yumbo**
  - Soft roll with Chicken patty, lettuce & mayo
  - 4.50

- **Pasta**
  - Macaroni Cheese or Ravioli
  - 4.50

- **Potato Pie**
  - Minced beef & vegetables topped with potato
  - 4.50

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

- **Aussie Burger**
  - Beef or Veggie patty in a roll with the lot:
    - Lettuce, sliced tomato, beetroot, shredded carrot & tomato sauce
  - 5.50

- **Fish Fingers & Veggie Sticks**
  - 3 oven baked fish fingers carrot &, cucumber sticks and mayo
  - 3.50

- Mrs. Mac’s Good Eating Reduced Fat & Salt Pastries, with or w/out sauce
  - Sausage Roll 120g
    - 3.00
  - Pie, 120g
    - 3.50

### Deals

- **Hand Made Soup**
  - Hand made Tomato or Chicken Soup
    - With a garlic roll
    - 5.00

- **Hand Made Pizza Deal**
  - Any Pizza & Moosie
    - 5.00

### Toasties, Sandwiches, Wraps & Rolls

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

- **Roll**
  - Rolls used are Damper
  - 1 filling
  - 3.50

- **Protein filling options**
  - **Cheese**
  - **Ham**
  - **Chicken**

- **Salad filling options**
  - **Carrot**
  - **Cucumber**
  - **Egg**
  - **B/Beans**
  - **Chicken**
  - **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
  - 5.00

### 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

- **Garlic Roll**
  - 1.00

### ‘Winter Warmers’ Recess Specials

<table>
<thead>
<tr>
<th>Day</th>
<th>Special</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Muffin &amp; Warm Milo</td>
<td>2.00</td>
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<tr>
<td>Tuesday</td>
<td>Raisin Toast &amp; Warm Milo</td>
<td>2.00</td>
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<tr>
<td>Wednesday</td>
<td>Bean Bomb &amp; Warm Milo</td>
<td>2.00</td>
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<tr>
<td></td>
<td>Thursday</td>
<td></td>
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<tr>
<td></td>
<td>Muffin &amp; Milo</td>
<td>2.00</td>
</tr>
<tr>
<td>Friday</td>
<td>Friday frenzy ! - Garlic Roll &amp; Juice box</td>
<td>2.00</td>
</tr>
</tbody>
</table>
Dairy Snacks
- Frozen Moosie Strawberry, blueberry or banana 1.50
- Vanilla Ice Cream Cup 2.00
- Frozen Yoghurt Tub 2.00

Fruit Snacks
- Crazy Carrot Sticks, bag of 60c
- Tub of Frozen Grapes 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
- Handmade ANZAC Cookie 1.00

Handmade air popped popcorn, packet 50c

Drinks
- Iceblocks, all 99% or 100% Juice
- Spring Water 1.50
- Juice 250ml 100% Juice apple, orange, 2.00
- Juice box 150ml 1.50 Apple/orange

- Flavoured Milk, 250ml 2.50 Fat reduced, chocolate or strawberry
- Devondale Choc Milk 1.50
- Warm Milo 1.50

No GST is charged on any of the menu items.

Hallett Cove East Primary School

2016 Winter 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. ($1.00 for 20)

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