Hot Food

GF: Gluten free, H: Halal Certified, V:Vegan

- **Corn on the Cob** — 1.50
- **Handmade Pizza** — 5.00
  Ham or Chicken with cheese, pineapple
- **Handmade Mango Chicken & Rice** H GF — 5.50
  Chicken pieces in a mild curry sauce served with steamed rice
- **Handmade tomato & cheese pasta** — 4.50
  Tomato sauce with 'hidden' veggies, pasta spirals topped with cheese
- **Pesto Pasta** V GF — 5.00
  Pasta spirals in a pesto sauce
- **Hot Dog** — 4.00
  Hot dog in a roll with or without sauce
- **Potato Wedges** V — 4.50
  Tub of potato wedges (sweet chilli dipping sauce 20c extra)
- **Chicken Dino Nuggets** H *6 Dinosaur shaped nuggets and sauce* — 4.00
- **Chicken Yumbo** — 5.50
  Soft roll,Chicken pattie H*, lettuce & mayo*
- **Macaroni cheese** — 5.00
- **Lasagne** GF — 6.00
- **Vegetable fried rice** GF — 5.00
- **Baked Potato topped with:** — 5.50
  Coleslaw & Cheese; Chicken/Ham, Cheese
- **Aussie Burger** — 6.00
  Beef H *or Veggie pattie in a roll with the lot:*
  Lettuce, sliced tomato, beetroot, shredded carrot & tomato sauce
- **Fish Fingers & Vegie Sticks** — 4.00
  3 oven baked fish fingers carrot &,cucumber sticks and mayo

Mrs Mac's Good Eating Reduced Fat & Salt Pastries - with or w/out sauce

- **Sausage Roll 120g** — 3.50
- **Beef Pie, 120g** — 4.00

Lunch time Specials

- **Handmade pizza deal** — 5.50
  Homemade Pizza and Moosie

Toasties, Sandwiches, Wraps & Rolls

- **Sandwich or Toastie -** *Bread used is wholemeal* — ***1 filling*** — 3.50
- **Roll -** *Rolls used are Wholemeal* — ***1 filling*** — 4.00

Protein filling options: $1.00 each

Cheese, Ham, Carrot, Cucumber
Egg, Chicken, Tomato, Lettuce

Salad filling options: 50c ea

Add $1 for Mixed Salad Fill (4 salads): lettuce, carrot, tomato & cucumber

- **Wraps** — 5.50
  Chicken Tender Bite with shredded lettuce, grated carrot

  Cheese or Ham Salad- cheese or ham, lettuce, carrot & cucumber

  Quesadilla Wedges Ham & Cheese or Cheese- crispy tortilla sandwich melted cheese +/-ham cut into wedges

Salads

- **Salad Bag** — 2.50
  Lettuce, cucumber, celery & carrot sticks
- **Salad Box** — 6.00
  Lettuce, cucumber, celery & carrot sticks
  Choose one of: Chicken / Cheese & Egg / Ham / Tuna
- **Garlic Roll** — 1.00

Summer Coolers Recess Specials

Monday
- *Fresh baked muffin* & Cold Milo — **2.50**

Tuesday
- Eskimo Cup- Ice cream & frozen Grapes — **2.50**

Wednesday
- Banana Milkshake & Cereal Munch — **2.50**

Thursday
- Frozen Fruit Smoothie — **2.50**

Dairy Snacks

Frozen Moosie ***Strawberry, blueberry or banana***	1.50
Vanilla Ice Cream Cup	2.00

Fruit Snacks

♥ **Crazy Carrot Sticks,** *bag of*	1.00
♥ **Tub of Frozen Grapes**	1.50
♥ **Tub of Peaches**	2.00
♥ **Frozen Pineapple Ring**	.50
♥ **Orange Smiles** (frozen bag of orange wedges)	1.50
Apple or Pear lunch box size	1.00

Other Snacks

♥ **Cereal Munch**, *per scoop*	.60
♥ **Muffin** ***low fat*** *Banana, chocolate*	1.00
ANZAC Cookie	1.00
Choc chip cookie	1.00
Handmade air popped popcorn, *bag*	.50

Drinks

♥ **Spring Water**	1.50
♥ **Juice** *250ml* *100%Juice apple, orange,*	2.50
♥ **Juice box** *150ml* *Apple/orange*	1.50
Flavoured Milk, ***250ml*** *Fat reduced, chocolate or strawberry*	2.50
Cold Milo	2.00

Ice blocks

all 99% or 100% Juice

Frozen Juice Stick	1.00
Fruit Slushie	2.00

No GST is charged on any of the menu items.

HALLETT COVE EAST PRIMARY SCHOOL

2019 Summer Menu

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

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)***