

Hot Food

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

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

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	Salad filling options: 50c ea	
Cheese	Ham	Carrot	Cucumber
Egg	Chicken	Tomato	Lettuce
Add \$1 for Mixed Salad Fill (4 salads): lettuce, carrot, tomato & cucumber			
♥ Wraps		5.50	
<i>Chicken Tender Bite with shredded lettuce, grated carrot</i>			
<i>Cheese or Ham Salad- cheese or ham, lettuce, carrot & cucumber</i>			
<i>Quesadilla Wedges Ham & Cheese or Cheese- crispy tortilla sandwich melted cheese +/-ham cut into wedges</i>			

Salads

♥ Salad Bag <i>Lettuce, cucumber, celery & carrot sticks</i>	2.50
♥ Salad Box <i>Lettuce, cucumber, celery & carrot sticks Choose one of: Chicken / Cheese & Egg / Ham / Tuna</i>	6.00
♥ Garlic Roll	1.00

Winter Warmers Recess Specials

Monday	♥ Fresh baked muffin & Warm Milo	2.50
Tuesday	♥ 2 Toasted Pikelets & Warm Milo	2.50
Wednesday	♥ English Muffin Pizza & Warm Milo	2.50
Thursday	♥ Cheese & Bean Jaffle & Warm Milo	2.50

Dairy Snacks

Frozen Moosie <i>Strawberry, blueberry or banana</i>	1.50
Vanilla Ice Cream Cup	2.00

Fruit Snacks

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

Other Snacks

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

Drinks

♥ Spring Water	1.50
♥ Juice 250ml <i>100% Juice apple, orange</i>	2.50
♥ Juice box 150ml <i>Apple/orange</i>	1.50

Big M Flavoured Milk 250ml 2.50
Fat reduced, chocolate or strawberry

Warm 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

2019/20 Winter 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 ON QKR!

Using the Qkr app, select your choice from the menu, checkout and submit payment.

Orders must be placed before 9.15 am on the day.

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. Place the lunch order in the Class Lunch Crate at the start of the day. To request more lunch bags, write "More Bags Please" onto your lunch order bag. (\$1.00 for 20)