

## Hot Food

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

♥	<b>Corn on the Cob</b>	1.50
♥	<b>Handmade Pizza</b> <i>Ham or Chicken with cheese, pineapple</i>	5.00
♥	<b>Handmade Butter Chicken &amp; Rice</b> <sup>H GF</sup> <i>Chicken pieces in a mild curry sauce served with steamed rice</i>	5.50
♥	<b>Handmade tomato &amp; cheese pasta</b> <i>Tomato sauce with 'hidden' veggies, pasta spirals topped with cheese</i>	5.00
♥	<b>Pesto Pasta</b> <sup>V GF available</sup> <i>Pasta spirals in a pesto sauce</i>	5.00
	<b>Hot Dog</b> <i>Hot dog in a roll with or without sauce</i>	4.00
	<b>Potato Wedges</b> <sup>V</sup> <i>Tub of potato wedges (sweet chilli dipping sauce 20c extra)</i>	5.00
	<b>Chicken Nuggets</b> <sup>H</sup> 6 chicken nuggets and sauce	4.50
♥	<b>Chicken Yumbo</b> <i>Soft roll, Chicken pattie <sup>H</sup>, lettuce &amp; mayo</i>	5.50
♥	<b>Macaroni cheese</b> <i>Lasagne <sup>GF available</sup></i>	5.00 6.00
♥	<b>Vegetable fried rice</b> <sup>GF</sup>	5.00
♥	<b>Baked Potato topped with:</b> <i>Beans or bolognese &amp; Cheese; Chicken/Ham, Cheese</i>	5.50
	<b>Aussie Burger</b> <i>Beef <sup>H</sup> or Veggie pattie in a roll with the lot: Lettuce, sliced tomato, beetroot, shredded carrot &amp; tomato sauce</i>	6.00
♥	<b>Fish Fingers or Chicken fingers &amp; Veggie Sticks</b> <i>3 oven baked fish or chicken fingers - carrot &amp; cucumber sticks and mayo</i>	4.00
	<b>Mrs Mac's Good Eating Reduced Fat &amp; Salt Pastries</b> - with or w/out sauce	
♥	Sausage Roll 120g	3.50
♥	Beef Pie, 160g	5.00

### Lunch time Specials

♥	<b>Handmade pizza deal</b> - Homemade Pizza and Moosie	6.00
	<b>Hot Dog Deal</b> - Hot Dog & Cold Milo	5.00

## Toasties, Sandwiches, Wraps & Rolls

♥	<b>Sandwich or Toastie</b> - Bread used is wholemeal	<b>1 filling</b>	4.00
♥	<b>Roll</b> - Rolls used are Wholemeal	<b>1 filling</b>	4.50
	<b>Protein filling options:</b>	<b>\$1.00 each</b>	<b>Salad filling options:</b> 50c ea
	Cheese Ham Carrot Cucumber Egg Chicken Tomato Lettuce		
	<b>Add \$1 for Mixed Salad Fill</b> (4 salads): lettuce, carrot, tomato & cucumber		
♥	<b>Wraps</b>		5.50
	<i>Chicken Tender Bite with shredded lettuce, grated carrot</i>		
	<i>Cheese or Chicken or Ham Salad wrap, lettuce, carrot &amp; cucumber</i>		
	<i>Quesadilla Wedges - Ham &amp; Cheese or just Cheese- toasted tortilla sandwich cut into wedges</i>		

## Salads

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

## Summer Coolers Recess Specials

### Monday

♥	<b>Fresh baked muffin &amp; Cold Milo</b>	2.50
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### Tuesday

♥	<b>Banana Smoothie</b>	2.00
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### Wednesday

♥	<b>Eskimo Cup – Ice cream cup with frozen pineapple</b>	2.00
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### Thursday

♥	<b>Fresh baked muffin &amp; Cold Milo</b>	2.50
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## 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)	1.00
Apple or Pear lunch box size	1.00

## Other Snacks

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

## Drinks

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

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

**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

## 2019/20 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 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)