HEALTHIER CHOICES JUNIOR SCHOOL CANTEEN MENU

Hot Selection

★★★ Grilled vegie Pattie + Salad Burger $4.50 (V)
★★★ Grilled fresh crumbed chicken schnitzel breast burger (mayo lettuce cheese) $4.80 $5.80 (GF)
★★★ Sweet Chilli Chicken Wrap $4.80
★★ Penne pasta & fresh chunky tomato sauce (V) $3.80 $5.00 (GF)
★★★★ Mini hot corn on a cob $0.80 (GF)
★★ Toasted roast lamb, feta, spinach, sundried tomato foccacia $4.50 Vegetarian version $4.00
★★ Chicken, vegetable and Hokkien Noodle Stir Fry $5.00
★★ Beef Pie $3.50
★ Sausage Roll Small $2.80 Large $3.50
★ Hot Dog $3.20
★ Chicken or Beef Noodle Cup $2.80

Cold Selection

★★★★☆ Chicken, Chicken Caesar or Ham salad plate $5.00
★★★★★ Chicken or Ham Salad Sandwich $3.80
★★★★★ Chicken or Ham Salad Roll $5.00
★★★★★ Chicken or Ham Salad Wrap $4.50
★★★★☆ Vegetarian Roll/Wrap $4.00
★★★★☆ Chicken, avocado, mayo and lettuce sandwich $3.80
★★★ Egg & lettuce sandwich $3.00
★★★ Vegemite sandwich $2.00
★★★ Cheese sandwich $2.50

Deluxe sandwich (chicken, cheese, mayo, avocado, sundried tomato, lettuce) $5.00

Caesar wrap (chicken, bacon, cheese, caesar dressing)
★★★ Mini - $3.50 Large - $5.00

How many stars can you score? Eating healthy gives you more!
The healthier the choice the higher the stars!

★★★★☆ This is an awesome choice! Very healthy! 5 stars
★★★★ This is a great choice! Still on the healthy side! 3 stars
★★ This is an occasional choice! Don’t forget to only eat these foods as a treat! 1 star

Toasties ★★★★★ wholemeal or ★★★★ white
Cheese $3.00 Cheese, tomato & ham $3.80
Cheese & Ham $3.50 Chicken, cheese & mayo $3.80
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Snacks
★ ★ ★ ★ ★ Fruit Salad tub $3.50
★ ★ ★ ★ ★ Watermelon Tub $3.00
★ ★ ★ ★ ★ Carrot Stick Tub $0.50
★ ★ ★ ★ ★ Bircher Muesli Yoghurt cup
(Berry or Passionfruit) $2.50
★ ★ ★ ★ ★ Healthy Snack Box (dip, carrot, celery
sticks, dry biscuits, crisps) $3.00
★ ★ ★ ★ ★ Piece of fruit $1.00
★ ★ ★ ★ ★ Popcorn 20gm $0.60
★ ★ ★ Choc Mousse 200ml
(reduced fat milk) $2.00 (GF)

Ice Creams
★ ★ ★ ★ ★ Life Saver $2.10
★ ★ ★ Icy Pole Lemonade $1.10
★ ★ Zooper Dooper $0.60
★ ★ ★ Frozen yoghurt tubs
(salted caramel, berry, soy chocolate)
98% fat free $3.50 only in warmer months

Drinks
★ ★ ★ ★ ★ Water 600ml $2.00
★ ★ ★ 100% Orange Juice 250ml $2.50
★ ★ ★ Milo Milk Cup 220ml $2.00
★ ★ ★ ★ ★ Up & Go Choc Ice 250ml $2.50

Extras
★ ★ ★ Tomato Sauce $0.10

Lunch Specials!
★ ★ ★ ★ ★ Wednesday Only
Sushi!
Tuna, Tuna & Avocado,
Teriyaki Chicken and Vego
$2.50

★ ★ ★ ★ ★ Thursday Only
Rice Paper Roll!
Chicken and rice noodle
$2.50

Friday Only
★ ★ Salt and Vinegar Chips 28gm $1.20
★ ★ Honey Soy Chicken Chips 28gm $1.30
★ ★ Homemade Choc Chip Muffin $2.50

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