



Healthy Tummies BREAKFAST Menu

☺ Toast (each with honey, jam or vegemite).....	\$1.00
☺ Raisin Toast (per slice).....	\$1.50
☺ Low Fat Muffins (Chocolate, Blueberry).....	\$2.00
> Pikelets (with Jam, Maple Syrup or Honey).....	\$1.00
☺ Low Fat Banana Bread.....	\$2.40
☺ Low Fat Pear and Raspberry Bread.....	\$2.40
☺ Sanitarium Up and Go 250ml(Chocolate, Strawberry).....	\$2.50
> Jaffles.....	\$1.00

Healthy Tummies HEALTH SNACKS Menu

☺ Seasonal Fresh Fruit (Watermelon, pine apple, kiwi fruit, oranges).....	\$0.50+
☺ Fresh Fruit Salad..... Small- \$1.00..... Large- \$3.00	
☺ Health Pack (carrot, celery, cucumber and crackers.).....	\$2.00
> Garlic Bread.....	\$1.50
☺ Yoghurt Tubs.....	\$2.50
☺ Plain Koala Popcorn 25g.....	\$1.20
> Smiths Crisps 27g (BBQ, Original).....	\$2.00
> Red Rock Deli Chips 28g (Honey Soy, Sea Salt).....	\$2.00
☺ Vegi Chips Gluten Free (BBQ).....	\$1.50
☺ Cheese/Crackers.....	\$1.00
☺ Fantastic Rice Snacks 20g.....	\$1.00
(Seaweed, Original, French Onion)	

Healthy Tummies LUNCH Menu

☺ SANDWICHES (White, Wholegrain, Multigrain)	
Vegemite.....	\$2.00
Honey.....	\$2.00
Jam.....	\$2.00
Curried Egg.....	\$2.70
Egg and Lettuce.....	\$3.20
Ham and Cheese.....	\$2.90
Ham and Salad.....	\$3.20
Cheese and Tomato.....	\$2.90
Ham, Cheese, Tomato.....	\$3.10
Chicken, Lettuce, Mayo.....	\$3.20
Shredded Chicken and Salad.....	\$3.70
Chicken Snitzel and Salad.....	\$4.20
Tuna and Salad.....	\$3.70
Vegetarian.....	\$3.00
Roast Beef and Gravy.....	\$3.00

Also available in WRAPS, ROLLS or TURKISH BREAD..... \$1.00 extra

Toasted.....	\$0.50 extra
Extra Filling.....	\$0.50
Optional Spreads (Mayonnaise, Pesto, Sauces).....	\$0.50

FOOD CODES

- ☺ GREEN: Fill the Menu
- > AMBER: Choose Carefully
- * RED: Sold twice a Term



SUSHI AVAILABLE ONLY MONDAY AND FRIDAY

☺ Sushi (Teriyaki Chicken, Tuna).....	\$3.50
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☺ Healthy Tummies LUNCH Menu

SALAD BOXES

Garden Salad.....	\$5.00
With Chicken.....	\$6.00
Caesar Salad (Bacon, Croutons, Cos Lettuce, Caesar Dressing)	
Greek Salad (Feta Cheese, Olives, Capsicum, Tomato, Red Onion).....	\$5.00
With Chicken.....	\$6.00
Potato Salad..... small- \$3.00..... large- \$6.00	

HOT FOODS

☺ Freshly Made Traditional Lasagne.....	\$4.50
☺ Freshly Made Vegetarian Lasagne.....	\$4.50
(Capsicum, Zucchini and Eggplant in Napolitano Sauce)	
☺ Freshly Made Fried Rice.....	\$3.50
☺ Mash Potato with Corn on Cob.....	\$3.50
> Chicken and Corn Roll.....	\$3.00
☺ Pizza Rounda	
Ham and Pineapple.....	\$3.50
Margarita.....	\$3.00
BBQ Chicken.....	\$3.50
☺ Low Fat Hot Dogs.....	\$3.00
☺ Cheesy Hot Dog.....	\$3.30
> Sweet Chilli Chicken Tenders.....	\$1.20
> Travellers Meat Pies.....	\$3.00
> Halal Meat Pie.....	\$3.50
> Potato Pie.....	\$3.50
> Sausage Rolls.....	\$2.50
☺ Spinach and Ricotta Rolls.....	\$2.50
> Beef Burger.....	\$4.00
☺ Chargrilled Chicken Burger, Lettuce, Mayo.....	\$4.00
☺ Fish Burgers, Lettuce, Mayo.....	\$4.00
> Nachos.....	\$3.50
(Corn Chips, Bolognese Sauce, Cheese and Sour Cream)	



Healthy Tummies DRINKS Menu

Organic Spring Water 600ml.....	\$2.50
Organic Spring Water 355ml.....	\$2.00
Just Juice Popper 200ml (<i>Paradise Punch, Apple, Orange</i>)....	\$2.00
Orchy Bottles 375ml (<i>Orange, Passion Fruit</i>).....	\$2.50
Orchy Bottles 200ml (<i>Apple, Orange, Blackcurrent</i>).....	\$2.00
Lite Oak Milk 300ml (<i>Chocolate, Strawberry</i>).....	\$2.50
Quench 350ml (<i>Lemon/Lime, Cola, Blue Haven, Orange</i>).....	\$2.20
Lipton Ice Tea 250ml (<i>Peach, Lemon</i>).....	\$2.20
Hot Chocolate.....	\$2.00
Milkshakes (Chocolate and Caramel) small- \$2.50.....Large- \$3.50	

HEALTHY TUMMIES MEAL DEALS

MONDAY ONLY

Cheesy Meatball Roll with sauce and a Popper..\$6.00

TUESDAY ONLY

Spaghetti Bolognese, Fruit Salad and Popper....\$6.00

WEDNESDAY ONLY

Vegetarian Lasagne and a Popper.....\$6.00

THURSDAY ONLY

Baked Chicken Drum Stick and Wedges and an Orchy Cup.....\$6.00

FRIDAY ONLY

SUPER SUSHI- Tuna or Chicken Sushi, a Juice Popper and Cheese and Crackers.....\$6.00



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Healthy Tummies FROZEN ITEMS Menu

>Streets Paddle Pops (<i>Chocolate, Rainbow, Banana</i>).....	\$1.60
>Gelato Cups.....	\$1.50
>Icy Twists.....	\$1.20
>Cyclone.....	\$1.60
>Gallipo.....	\$1.50
☺ Frozen Fruit Sticks (<i>Quelch</i>).....	\$0.80
☺Frozen Yoghurt.....	\$2.00
☺ Orchy Cups.....	\$1.00
☺Frozen Fruit Tub (<i>seasonal fruit</i>).....	\$1.00
Slurpies.....small- \$2.00..... Large- \$3.00	

SPECIAL PROMOTION



Order **highlighted** foods at lunch and receive a stamp..... Collect 5 stamps for a free Icy Twist

IMPORTANT INFORMATION

- >The Canteen is open daily at 8.30am to 3.15pm.
- >Please see our Menu on the school website
- >Lunch orders are to be on separate bags and handed in to the canteen before 9.30am. Please include child's name, class and money. **Bags from the canteen cost an extra 10c.**
- >Fruit is seasonal and may be unavailable at times.
- >Remember: FRESH IS BEST!
- >All meals are made fresh daily on the premises.
- >RED code foods (treats) offered 1-2 times a term.