



Healthy Kids Cucina Canteen Menu Term 1 2019

Hot Food

	Oven baked Potato Wedges	\$3.50
	Oven baked chicken and potato wedges	\$5.00
	Grilled chicken burger/ Wrap (Chicken breast, lettuce, cheese, tomato & low fat mayo) (HM)	\$5.00
	Oven baked nuggets (6)	\$3.50
	Pasta Bolognese (Spirals) (HM) SM	\$3.50
	Large	\$4.50
	Freshly made Mini Pizzas - Ham & Pineapple - Vegetarian - Cheesy	\$3.00
	Cheese and	
	Garlic Bread (roll)	\$1.50
	Kafta and Garlic Roll	\$3.50
	Corn Cob	\$1.00
	Noodle cups - Chicken or Beef	\$3.00
	Beef Nachos (HM)	\$5.00
	Chicken Burger (HM)	\$5.00
	Chicken noodle soup	\$2.00

Drinks

	Bottled Water - 600mL	\$1.00
	Flavoured Milk (Chocolate or strawberry)	\$2.00
	Juice Box	\$1.50
	Up & Go (assorted flavours)	\$2.00

Cold Food & Super Healthy Salads

	Rice paper rolls (1) (HM)	\$2.50
	Sushi (HM) - Tuna & Cucumber - Vegetarian - Teriyaki Chicken and cucumber	\$3.00 \$3.00 \$3.50
	Tuna Salad	\$4.50
	Salad: without chicken -Garden Salad -Tabbouleh -Quinoa with chicken	\$5.00 \$6.00

Fresh Fruit Surprise

	Fresh Fruit Salad - Container	\$2.50
	Twisted apples	\$1.50
	Seasonal fruit	\$1.00

Frozen Treats

	Super Doopers	\$1.00
	Callipo	\$1.00
	Paddle Pops	\$2.00
	TNT	\$1.00
	Icy Twist	\$2.00

Flash Brekky (8:30-8.45 am)

Available everyday except Thursdays.

	Hot Chocolate	\$2.00
	Cheese Toastie	\$2.00
	Raisin Toast (1 Serve)	\$1.00
	Hash browns	\$1.00

Healthy Super Sandwiches Wraps/rolls/super sandwiches (HM)		
	Grilled Chicken wrap (lettuce, grated carrot, grated cheese)	\$5.00
	Ham with cheese and tomato	\$3.50
	Egg, Lettuce and Mayo	\$3.00
	Chicken, lettuce and aioli	\$4.00
	Cheese and tomato	\$2.80
	Cheese	\$2.00
	Tuna and tomato	\$3.50
	Vegemite	\$2.00
	Salad: Cheese, lettuce, tomato, carrot, beetroot, cucumber	\$3.50
	Ham	\$2.00
	Tuna, lettuce and light mayo	\$3.50
	Chicken or ham salad	\$4.00
	extras: Cheese, Tuna, Ham -Lettuce, Tomato, Avocado, Beetroot, Carrot, Cucumber (no butter will be used, unless specified)	. 80c . 50c

Jaffles		
	Cheese and Tomato Jaffle	\$3.00
	Cheese Jaffle	\$2.50
	Ham and Cheese Jaffle	\$3.00
	Cheese, Ham and Tomato Jaffle	\$3.50

Snacks (available during lunch times)		
	Pretzels	\$1.00
	Plain popcorn	\$1.00
	Flavoured Popcorn - Chicken, BBQ, Sweet Chilli	\$1.50
	Muffins (Large) - Assorted flavours	\$2.00
	Toasted Seaweed Snacks	\$1.00
	Rice Snacks	.30c
	Breadsticks (3)	.50c
	Jelly Cups (HM)	\$1.00
	Hommus with Veggie sticks	\$2.00
	Banana Bread -Toasted, with butter	\$2.00 \$2.50
	Rice sticks	\$1.00
	Messy Monkeys	\$1.00

Weekly Specials		
Tuesday		
	Meat pie (Beef)	\$4.00
	Chicken and Vegetable Pie	\$4.50
Wednesday		
	Hot Dog	\$3.00
Thursday		
	Beef Lasagna (HM)	\$5.00
Friday		
	Fried Rice (HM)	\$4.50

Key: **Green**, **Amber**, **Red** - Healthy rating scale
HM : Homemade
No late orders turned away
No extra charge for utensils eg forks, spoons, straws
No extra charge for packaging.
No extra charge for sauces - Tomato, BBQ, Sweet Chilli, Light Mayo
The Canteen will be open from 8.30am... please see our friendly canteen staff for any assistance when completing lunch orders.
During 'breakfast time' only breakfast items sold.