

Canteens For

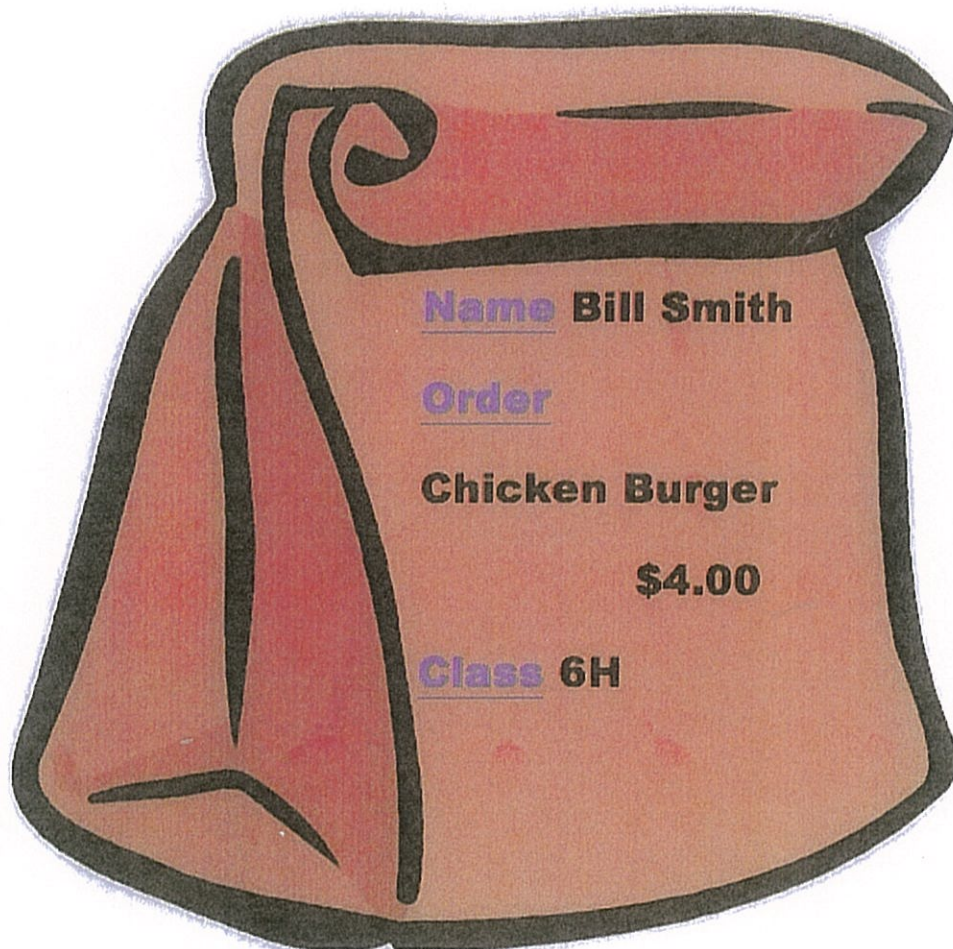
Healthy Kids

*Commercial and in Confidence
Teaching kids how to eat healthy since 2000*

Hurstville Public School

Canteen Menu

Example for your Lunch Bag



Teaching kids how to eat healthy since 2000

Canteens For 'Healthy Kids' Menu **PRIMARY PUBLIC SCHOOL MENU**

Green Code for all

BREAKFAST

SNACKS

DRINKS

Fresh Fruit Salad Tub	3.00	Natural Yoghurt	2.00
Single Piece of Fruit	1.00	(Strawberry, passionfruit, mango, muesli)	
Frozen Oranges	20	Homemade Rice Pudding	1.50 / 2.50
Frozen Pineapple	50	Bowl of Cereal and Milk	2.00
Vegi bags	1.00	Cup of Cereal and Milk	1.00
Sultanas	1.00	Variety of Muffins	4.00
Plain Biscuits	0.30	Ricotta And Fetta Puffs	1.20
Cheese and Cracker pkts	1.50	Dumplings 3 for	2.00
Rice Cakes x 2	0.80	Dim Sims	1.00
Cup cereal and milk	1.00	Picklets	1.00
Up and go	2.50	Toast Plain, Raisin, Grain	1.00
Water 300ml	1.50	Open Turkish cheese grills	2.00
Water 600ml	2.00	Toasted or Jaffels	
Fruit ice sticks	1.00	Quarter cheese jaffels	50
Orchy Cups	1.00	Half cheese jaffels	1.00
Juice variety 375ml	2.50	Tasty cheese	2.00
Juice Pop Tops	2.00	Tasty cheese and tomato	2.50
Juice Poppers	2.00	Ham and tasty cheese	3.00
Jelly Cup	1.00	Ham tasty cheese and tomato	3.50
Fruit and jelly cup	1.50	Baked Beans	3.00
Aloe vera	3.50	Bacon and Egg Bun full or half	2.00/ 4.00
Ribeena	2.50	Egg and cheese Bun	2.00/4.00
Plain Milk	1.00	Egg Fetta tomato and baby spinach	4.00
Flavoured milk Lite (choc, straw)	2.50		
Frozen Milo Cups	1.00	Flat Bread	
Hot Milo	1.00	Spinach fetta	2.50
		Ham and Pineapple	

**PLEASE PLACE ORDERS IN MORNING
BEFORE 9.30AM**

**YOUR NAME
CLASS
RECESS OR LUNCH
AND VALUE OF MONEY ENCLOSED**

**ORDERS CAN BE PLACED DAYS AHEAD
THANK YOU**

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Salads and Sandwiches

Green Code for all selection below

Cold Tuna Pasta Salad

Penne, carrot, sweetcorn, shallots
Parsley, capsicum, sweet chilli 3.50

Fresh Garden Salads

Mixed lettuce, tomato, cucumber,
carrot, capsicum, red onion, mushroom,
parsley, shallots). Plus dressing
Plain 4.00 With top-ins 5.00
E.g.; chicken, tuna, feta, falafel or egg.

Classic Caesar salad 4.00

Lettuce, chicken, bacon, cheese,
Croutons & dressing
(Available with no bacon)

Greek Salads 5.00

Tomato, cucumber, red onion, capsicum
olives, feta, lettuce, oregano and
dressing.

Mixed beans 1.80

Tabouli mini tubs 1.80

Cesar potato salad

small 1.50
Large 3.00

Cold Chicken Pesto

Pasta 3.80

Penne red capsicum parsley shallots
Pesto and chicken

Cold Chicken Thai

Cabbage Salad

Cabbage red and white carrot parsley
shallots red capsicum noodles and
chicken 3.50

All chicken is full breast fresh not
frozen

All Sandwiches are \$4.00

Made FRESH DAILY

White, Brown, Multi Grain, Gluten free available

EXTRA COST

Bread Roll add 50c, Lebanese Bread add 50c,
Pita Bread add 50c Gluten Free 50c

CREATE YOUR OWN LUNCH

List Of Ingredients below

Column One

Leg Ham	Tomato	Mayonnaise
Danish Salami	Cucumber	Sweetchilli
Roasted Turkey	Carrot	BBq Sauce
Roast Beef	Lettuce	Cesar Sauce
Bacon	Mushroom	Tomato Sauce
Fresh Chicken	Red Onion	Mustard
Tuna	Capsicum	Pesto
Egg	pineapple	Tahini
Tasty Cheese	Avocado	tartae
Tabouli	Vegemite	honey

Choosing more than one filling from column one
will cost an extra 50c

Some samples listed below:

Roasted Turkey, tomato and lettuce
Ham, Tomato, lettuce and Mayonnaise
Danish Salami, tasty cheese and tomato
Tasty cheese, cucumber and lettuce
Fresh salad roll
Roast beef, Tomato and Tasty cheese
Tuna, lettuce and mayo
Tuna, tomato, cucumber, and lettuce
Fresh chicken and tabouli
Fresh chicken, lettuce and mayo
Sweet chili chicken, tomato and lettuce
Caesar roll, chicken, bacon, cheese, lettuce and dressing
Caesar roll (no bacon option)
Egg, lettuce and mayo
Curried Egg and lettuce
Bacon, lettuce and tomato BLT

ANY REQUEST POSSIBLE

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DAILY MEALS

AND

HOT FOOD

MONDAY

Lasagne	4.00
Shepherd Pie	4.00
Butter Chicken and Rice	4.00
Chicken Corn Noodle Meal	3.50

TUESDAY

Fried Rice and Wingettes	4.00
Spaghetti Bolognaise	3.50
Chicken Corn Noodle Meal	3.50

WEDNESDAY

Curry Chicken and Rice	4.00
Red Tomato Pasta & Cheese	3.50
White Noodle fettucine Pasta	3.50
Chicken Corn Noodle Meal	3.50

THURSDAY

Fried Rice and Wingettes	4.00
Chicken Corn Noodle meal	3.50
Spagetti Bolognaise	3.50

FRIDAY

Butter Chicken & Rice	4.00
Red Tomato Pasta & Cheese	3.50
Chicken Corn Noodle meal	3.50
White Noodle Fettucine Pasta	3.50

Sushi chicken or Tuna	
Monday and Thursday Only	3.50

All veggies are fresh.

(All dishes are prepared and made on premises)

Beef Burger (Real Beef)	4.00
Chicken Burger(Real chicken breast)	4.00
Not Frozen Pattie's	
Cheese burger (Tasty Cheese)	4.00
Baked Fish Burger	4.00
Baked fish roll	4.00
(cucumber lettuce and tartae sauce)	
Fresh chicken wrap	4.50
Falafel wrap (vegetarian option)	5.00
Fried Rice Meal	2.50
Chicken Breast nuggets	80c
Hot Dog 2.50 with sauce	2.70
Hot Dog with sauce & cheese	3.00
Hot Cheese Rolls	3.00
Meatball Sub salsa, cheese roll	4.00
Fresh chicken tenders	1.70
Fresh Mini wingettes	1.00
Chicken souvlaki	3.00
(in roll lettuce & mayo)	4.00
Baked vegetarian spring rolls	1.00
Dim sims	1.20
Dumplings small	3 for 2.00
6 for \$4.00 9 for \$6.00	
Homemade Fetta/Ricotta Puffs	1.20
Steamed bbq pork Buns	1.50
Steamed Bread	1.00

Homemade Pizza 4.00

Vegetarian, Ham & Pineapple or Cheese
Or make your own topping
Fresh base from bakery all pizzas made
With fresh ingredients (not Frozen)

Baked potato spud with topping 3.50
(lite sour cream/sweet chilli and cheese)

Nachos with salsa sauce
Sour cream and tasty cheese 3.50
Homemade Nachos Chips Baked

Hot Pockets Cheese 3.00
Vegetarian 3.50
Ham and cheese 3.50
Ham pineapple cheese 3.50