

HEALTHY HUT MENU –Term 1- 2018

Open Tue – Fri Order online www.ouronlinecanteen.com.au before 8:30am or at the counter from 8:15am

DAILY SPECIALS

TUESDAY

DINO MEALS

5 Dinos +5 Potato Gems \$5.00

Dinos & Corn cob \$5.00

All meals come with a PLAIN MILK or JUICE

Add Sippah straw 60c

Upgrade to 300ml Flav milk 80c

Upgrade to Chill j juice 60c

WEDNESDAY

PIZZA \$4.00

Hawaiian Margarita Magic

Bacon Blitz BBQ Chicken Champion

SUSHI \$5.50

-Teriyaki Chicken -Vegetarian -Tuna

BURGERS

-Beef -Chicken \$5.00

-Veggie \$5.50

All burgers are served with Lettuce, Tomato,

Cucumber & Carrot

-Mavo & Sauce on request

THURSDAY

HOT DOG \$4.00

PUPPY DOG \$2.50

Served with Tomato or BBQ sauce

NACHOS \$4.00

Served with Sour Cream

Chicken Sub \$4.50

(lettuce/mayo on roll)

Hot Chicken Roll \$4.50

Sweet Potato Wedges \$4.50

Add Sour cream 50c

FRIDAY

BEEF PIE \$4.50

POTATO TOPPED PIE \$4.50

PARTY PIE \$1.20

SAUSAGE ROLL \$3.50

GLUTEN FREE PIE \$5.00

GLUTEN FREE SAUSAGE ROLL \$5.00

VEGIE ROLL \$4.50

TOMATO SAUCE

AVAILABLE DAILY

HOT FOOD

Macaroni Cheese (V) \$5.00

Vegetable Lasagne (V/GF) \$5.20

Twista Pasta \$5.00

Special Fried Rice (V/GF) \$5.20

Ravioli \$5.00

Spaghetti Bolognese \$5.00

QUICHE- Lorraine (Bacon) \$5.00

QUICHE- Spinach & Feta \$5.00

Soup & roll \$4.00

Stuffed spud- cheese \$2.50

Extras- B Beans, spaghetti, chicken ,ham cap ,corn, tom, salsa 50ceach

TOASTED SANDWICHES

Cheese \$3.50

Ham & Cheese \$4.00

Chicken & Cheese \$4.00

Baked Bean/ Spaghetti \$4.20

Chicken, Cheese & Pineapple \$4.50

SANDWICHES

Vegemite \$2.00

Cheese \$2.70

Ham & Cheese \$3.50

Chicken & Cheese \$3.70

Salad - (Tom, cuc, lettuce, carrot) \$3.00

Egg \$3.00

Tuna \$3.70

EXTRAS

Cheese, Pineapple, Beetroot 50c

Salad \$1.00

(Lettuce, Tomato, Cucumber, Carrot)

Wholemeal bread is used. White or GF available.

Ham & salad wrap \$4.50

Chicken & salad wrap \$4.50

SALAD BOX

SMALL \$3.00 LARGE \$4.00

Lettuce, Tomato, Cucumber, Carrot,

Sweet corn, Capsicum, Beetroot & Cheese

Add

Mayo 50c

Egg \$1.00

Ham \$1.00

Chicken (diced) \$1.50

Chicken strip \$1.80

RECESS

Cheesie \$1.20

Bread Cheesie 60c

Ham Cheesie \$1.70

Pikelet 60c

Slinky Apple \$1.00

Fresh Fruit 80c

Fruit Salad Cup \$1.50

Yogo 100g \$1.20

Yoghurt Tub 175g \$1.80

Yoghurt 100g \$1.20

Popcorn \$1.50

Berries & Yoghurt \$1.50

Fruit salad & Yoghurt \$1.50

LUNCH ONLY

Ice-cream Cup – Vanilla \$1.50

Paddle Pop \$1.80

-Choc -Banana -Rainbow

Twisted Frozen Yoghurt \$1.70

Choc/Vanilla

Watermelon/Mango

-Slushy \$1.50

Quelch Icy poles 60c

DRINKS

Water \$1.50

Fruit Box \$1.50

-Apple -Tropical

-Orange -Apple/Blackcurrant

Plain Milk \$1.20

Sippah Straw 60c

Flavoured Milk 300ml \$2.00

-Choc -Banana

-Strawberry -Neapolitan

Chill J Juice \$1.80

-Grape -Watermelon

-Raspberry -Orange Passio

-Blackcurrent

GREEN- Healthiest Choice

Amber- Less healthy choice

Needs to be limited

RED-Unhealthy choice. Not

allowed in canteen