

Helensburgh Public School

Canteen Menu Term 4 2018



HOMEMADE HOT MEALS (available everyday)

HM Fried Rice	\$3.50 E
HM Spaghetti Bolognese	\$3.50 E
HM Butter Chicken	\$3.50 E
HM Macaroni Cheese	\$3.50 E

HOT FOODS (available everyday)

Party Pies	\$1.10 ●
Homemade Mini Quiche	\$1.00 E
Homemade Herb Bread	\$0.50 E
Sauce (sachet)	\$0.30 E

TOASTED JAFFLE (available everyday)

(Extra fillings available as listed in sandwich section)

Spaghetti	\$2.50 E
Baked Beans	\$2.50 E
Creamed Corn	\$2.50 E
Tuna	\$3.00 E
Apple Pie (stewed apple & cinnamon)	\$2.70 E

SANDWICH/WRAP/ROLLS (WM bread & rolls)

(All available TOASTED add 20c to price)

Vegemite /Honey/Jam	\$1.50 E
Cheese	\$2.50 E
Egg	\$2.50 E
Ham/Chicken/Tuna	\$3.00 E
Salad	\$3.00 E

Extra fillings

Lettuce, beetroot, carrot, cucumber, tomato, pineapple each	\$0.40 E
Salad (as extra filling)	\$1.00 E
Cheese	\$0.70 E

TASTY WRAPS

Cheesymite – Cheese and vegemite	\$2.50 E
Henny Penny – Chicken, lettuce, mayo	\$4.00 E
“Babe” wrap – Ham, cheese, tomato	\$4.00 E
Hungry Caterpillar – Lettuce, carrot, tomato, cucumber, cheese	\$4.00 E

★ SALAD BOXES ★

Mega Salad	\$5.00 E
Chicken or Ham Mega Salad	\$5.50 E
Egg Salad	\$5.50 E
Crunchy Noodle Salad	\$5.00 ●
Chicken Crunchy Noodle Salad	\$5.50 ●

DAILY SPECIALS

Monday **Chargrilled Chicken Wrap** \$4.00 E
With lettuce and Mayo

Tuesday **Homemade Pizza**
Bun, sauce, cheese \$2.00 E
Add: ham / chicken 50c ea
Pineapple, tomato
Capsicum 20c ea

Wednesday **Meatball Sub** \$4.00 E
Homemade Meatballs
topped with sauce

Thursday **6 chicken nuggets** \$4.50 ●
Extra nuggets 75c ea

Friday **Beef Burger** \$4.00 E
Homemade beef pattie
with lettuce, cheese & tomato

DRINKS

Bottled Water 600ml	\$1.50 E
350ml	\$0.80 E
Fruit juice (apple, orange, abc)	\$1.50 E
Flavoured milk (choc/straw)	\$1.80 E
Plain milk	\$1.80 E
Up & Go	\$1.90 E
(Chocolate/Strawberry/Vanilla/Banana)	
Quench 350ml	\$2.00 ●

SNACKS

Fresh fruit (seasonal)	\$0.70 E
HM Dehydrated fruit	\$0.70 E
Carrot sticks with hommus dip	\$0.50 E
Nut free trail mix	\$0.50 E
Buttered bread roll	\$1.00 E
Rice cracker	\$0.05 E
Fresh Popcorn	\$1.00 E
Fresh yoghurt (5 Star rating)	\$1.00 E
Custard tub	\$1.00 E
Juice or Milk stick (frozen)	\$0.50 E
½ Quelch Stick (frozen)	\$0.50 E
Quelch Stick (frozen)	\$0.80 E
Juicies Pouch (frozen)	\$1.00 E
Frozen juice cup	\$1.00 E
Frozen yoghurt (5 Star rating)	\$1.00 E
Mony (frozen)	\$1.00 ●
HM Cocoa slice/Apricot slice	\$0.10 ●
Home-baked treat	\$0.50 ●
Chips/JJs	\$1.10 ●
Finger bun whole	\$1.50 ●
half	\$0.90 ●

E everyday food choice ● occasional food choice