

Helensburgh Public School

Canteen Menu Term 4 2018



HOMEMADE HOT MEALS (available everyday)

| | |
|-------------------------|-----------------|
| HM Fried Rice | \$3.50 E |
| HM Spaghetti Bolognaise | \$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 \$2.00 **E**
Bun, sauce, cheese
Add: ham / chicken 50c ea
Pineapple, tomato 20c ea
Capsicum

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