



# Healthy Harvest Canteen

## Breakfast

● Up and Go	\$2.50
● Cereal Bowl	Small \$2.50 Large \$3.50
● Cheese Toastie	\$2.00
<i>Half Cheese Toastie \$1.00</i>	
● Lebanese bread cheese toasties	\$2.00
● Yoghurt - Various sizes and flavours	Prices Vary
● Yoghurt with Muesli	\$3.00
● Piece of Fresh Seasonal Fruit <b>GF</b>	\$1.50
● Assorted Sandwiches	Prices Vary

## Ordering at School:

1. Write child's name and class on lunch order bag
2. Write Items to be ordered and place money in bag
3. Hand in your order before 9 am to canteen or place in classroom lunch order basket

Many more healthy food items sold over the counter at recess and lunch times

## Salads

● Chicken & Salad	\$8.00
<i>Grilled Chicken, with either Tabouli, Fattoush or Greek Salad &amp; Lebanese Bread</i>	
● Fish & Salad	\$8.00
<i>Oven Baked Fish &amp; Garden Salad</i>	
● Greek Salad <b>GF</b>	\$8.00
<i>Tomato, Cucumber, Spanish Onion, Kalamata Olives &amp; Greek Feta</i>	
● Chicken Caesar Salad	\$8.00
<i>Sliced Chicken Breast, Lettuce, Croutons, Egg, Caesar Dressing &amp; Grated Parmesan Cheese</i>	
● Fattoush Salad	\$8.00
<i>Lettuce, Tomato, Cucumber, Capsicum, Parsley &amp; Mint</i>	
● Creamy Tuna Pasta Salad	\$8.00
<i>Penne Pasta, Tuna, Peas, Corn, Carrot &amp; Mayo</i>	
● Brown Rice Salad <b>GF</b>	\$8.00
<i>Brown Rice, Corn, Cucumber, Tuna and Lime juice</i>	
● Garden Salad <b>GF</b>	\$8.00
<i>Lettuce, Tomato, Cucumber, Carrot &amp; Beetroot</i>	
● Tuna & Garden Salad	\$8.00
<i>Tuna, Mayo, Lettuce, Tomato, Cucumber, Carrot, Beetroot &amp; Lebanese Bread</i>	
● Kafta, Hummus & Garden Salad	\$8.00
<i>Kafta, Hummus, Lettuce, Tomato, Cucumber, Carrot &amp; Beetroot &amp; Lebanese Bread</i>	

## Friday Fruit Frenzy!

Add a piece of fresh seasonal fruit to any lunch order on Friday for only

**\$1.00**



Food Codes: ● Green – Okay to have everyday  
● Amber – Choose occasionally  
**GF** Gluten Free

## Sandwiches or Wraps

● Vegemite, Jam or Honey	\$3.00
● Cheese	\$3.50
● Cheese & Tomato	\$4.00
● Cheese, Lettuce & Beetroot	\$4.50
● Egg, Lettuce & Mayo	\$4.50
● Curried Egg, Lettuce & Mayo	\$4.50
● Ham	\$3.50
● Ham & Cheese	\$4.00
● Ham & Tomato	\$4.00
● Ham, Cheese & Tomato	\$4.50
● Tuna, Cucumber & Mayo	\$4.50
● Tuna, Lettuce & Mayo	\$4.50
● Salad	\$5.00
<i>Lettuce, Tomato, Cucumber, Carrot &amp; Beetroot</i>	
● Sliced Chicken Breast, Lettuce & Mayo	\$5.50
● Sliced Chicken Breast, Lettuce, Tomato & Sweet Chilli Sauce	\$6.00
● Sliced Chicken Breast & Salad	\$6.00
<i>Lettuce, Tomato, Cucumber, Carrot &amp; Beetroot</i>	



## Breads (white, wholemeal & multigrain)

White Roll	Add \$0.50
Wrap	Add \$1.00
Gluten Free (Per Slice) <b>GF</b>	Add \$0.70
Turkish Bread	Add \$1.00

*(Please Pre Order Gluten Free Bread)*

## Extras

*(For Salads, Sandwiches and Wraps)*

● Boiled Egg	\$1.00	● Hummus	\$1.00
● Cheese	\$0.80	● Tomato	\$0.70
● Lite Ham	\$0.80	● Beetroot	\$0.50
● Grilled Chicken	\$2.00		





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## Fruit & Other Snacks

- Carrot Stick Cups **GF** \$1.50  
*Add Hummus (Snack size) - \$0.50*
- Cucumber Stick Cup **GF** \$1.50  
*Add Hummus (Snack size) - \$0.50*
- Carrot & Cucumber Stick Combo Cup **GF** \$1.50  
*Add Hummus (Snack size) - \$0.50*
- Piece of Seasonal Fruit **GF** \$1.50
- Assorted Seasonal Fruit Container **GF** \$4.00
- Watermelon Container **GF** \$3.50
- Slice of Watermelon **GF** \$1.50
- Cheese Stick \$1.00
- Berry Quelch 99% Fruit Stick \$1.00
- Frozen Juice Cup \$1.50
- Assorted Ice-cream \$2.00
- Red Rock Deli or Smiths chips \$2.00
- Banana Bread Slice \$2.00
- Tuna & Corn Snack Pot \$1.50
- Corn Kernel Snack Pot **GF** \$1.50

All Noodles, drinks and frozen ordered for lunch need to be collected from the canteen.

See black board for healthy weekly meal deals...

## Burgers

- Grilled Chicken Breast Burger \$6.00  
*Grilled Chicken Breast, Mayo & Lettuce*
- Healthy Harvest Beef Burger \$6.00  
*Lean Homemade Beef Patty, Lettuce, Tomato & Tomato Sauce*
- Chicken Schnitzel Burger \$6.00  
*Chicken Breast Schnitzel with Mayo & Lettuce*
- Cheese Burger \$6.00  
*Lean Homemade Beef Patty, Cheese & Tomato Sauce*
- Kafta, Hummus & Salad Burger \$6.00  
*Kafta Patty, Hummus, Tomato & Lettuce*
- Fish Burger \$6.00  
*Oven Baked Fish Fillet, Lettuce & Tartare Sauce*

## Pizzas

- Margherita \$5.00
- Ham and Pineapple. \$5.00
- Vegetarian \$5.00
- BBQ Chicken \$5.00

## Drinks

- Water 600ml \$2.00
- Flavoured Milk 300ml \$2.50  
*(Chocolate & Strawberry)*
- Just Juice 99% Juice Popper 250ml \$2.00  
*(Orange, Apple, Apple Blackcurrant)*
- Berri 99% Juice Pop Top 250ml \$2.50  
*(Assorted Flavours)*
- Glee 99% Juice Can 250ml \$2.50  
*(Assorted Flavours)*

## Hot Food

- Noodles - Beef or Chicken \$3.50
- Cheesy Nachos with Salsa \$5.00
- Nuggets \$0.80 each
- Homemade Beef Lasagna \$6.00
- Twista Bolognese \$6.00

- Lunch Bag.....\$0.30
- Fork/Spoon.....\$0.30
- Sauce.....\$0.30



## Daily Specials

<b>Monday:</b>	● Pasta Napolitana	\$6.00
<b>Tuesday:</b>	● Teriyaki Chicken Stir Fry with Rice and Veggies	\$7.00
<b>Wednesday:</b>	● Chicken Fried Rice	\$6.50
	● Vegetarian Fried Rice	\$6.00
	● Teriyaki Chicken and Cucumber Sushi	\$4.50
	● Tuna and Cucumber Sushi	\$4.50
<b>Thursday:</b>	● Butter Chicken with Rice	\$6.50
<b>Friday:</b>	● Hot Dog with sauce	\$4.50
	● Garlic Bread Roll	\$4.00
	● Wedges, Sour Cream & Sweet Chilli Sauce	\$6.00
	● Kafta, Hummus & Salad Burger	\$6.00

## Crunch & Sip

Delicious piece of Fruit or Veggie Stick cup & 600ml Water for only

\$3.00

Available before 9.00 am



Email: [orders@healthyharvestcanteen.com.au](mailto:orders@healthyharvestcanteen.com.au)

Website: [www.healthyharvestcanteen.com.au](http://www.healthyharvestcanteen.com.au)