



healthycanteens.com.au

healthy canteens menu

2020 CANTEEN MENU



HEALTHY CANTEENS FOOD CODES

GREAT CHOICE LOGO EVERYDAY FOOD

RED BOX OCCASIONAL FOOD

SNACK DEAL

\$ 2.50

Choose One

Popper - Water - Plain Milk

Fruit Piece Or Popcorn

Add 50c Oak Flavoured Milk



EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - FRUITS - CUSTARD

SANDWICH & WRAPS	SANDWICH	WRAP	SALAD BOWLS	REG	LGE
VEGEMITE OR JAM VEG	\$ 2.00		GARDEN SALAD VEG	\$ 3.50	\$ 5.00
CHEESE VEG	\$ 2.00		LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
HAM	\$ 2.50		SWEET CHILLI CHICKEN SALAD	\$ 3.50	\$ 6.00
EGG VEG	\$ 3.00		HAM & GARDEN SALAD	\$ 3.50	\$ 6.00
HAM & CHEESE	\$ 3.00		CHICKEN & GARDEN SALAD	\$ 3.50	\$ 6.00
EGG & LETTUCE VEG	\$ 3.50		CHICKEN CAESAR SALAD	\$ 3.50	\$ 6.00
SALAD VEG	\$ 3.50	\$ 5.00	SUSHI WEDNESDAY & THURSDAY		
HAM, CHEESE & TOMATO	\$ 3.50		CHICKEN TERIYAKI		\$ 3.50
CHICKEN & CHEESE	\$ 3.50		VEGETARIAN FRESH SEASONAL VEGES VEG GF		\$ 3.50
CHICKEN, CHEESE & TOMATO	\$ 4.00		SWEET CHILLI CHICKEN SWEET CHILLI MAYO		\$ 3.50
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00	FRESH FRUIT		
HAM & SALAD	\$ 4.00	\$ 5.50	FRUIT WATERMELON, APPLE, BANANA, MANDARIN	REG	LGE
CHICKEN, LETTUCE & MAYO	\$ 4.00	\$ 5.50	FRUIT SALAD SEASONAL FRUITS	\$ 4.00	\$ 5.00
CHICKEN & SALAD	\$ 4.00	\$ 5.50	CUSTARD		
CHICKEN CAESAR SALAD	\$ 5.50		CUSTARD BOWL VANILLA		\$ 2.80
EXTRAS			CUSTARD CUP VANILLA OVER THE COUNTER ONLY		\$ 1.00
SAUCE PORTION - BBQ OR TOMATO SAUCE		\$ 0.40			
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION		\$ 0.50			
CHEESE SLICE		\$ 0.50			
CHICKEN, HAM, EGG, SHREDDED CHEESE		\$ 1.00			

flexischools

Register For Online Ordering

It's Quick & Easy To Setup

Order From Any Of Your Devices

Look For Exclusive Online Only Specials

Flexischools.com.au



EVERYDAY CHOICES DRINKS JUICE - WATER - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00	CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.60
WATER 600ML	\$ 2.00	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.60
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.60
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.60	HOT CHOCOLATE	\$ 1.80

EVERYDAY CHOICES ICE BLOCKS - SNACKS

ICE COLD TREATS 99% JUICE BASED

FROZEN JUICE CUP APPLE - ORANGE - ABC GF \$ 1.50

FRUITY ICES ASSORTED FLAVOURS GF \$ 0.50

SOUR SNAP APARTS ASSORTED FLAVOURS GF \$ 1.00

ICE MONY BLUE RASPBERRY - RED BERRY - LEMON GF \$ 1.30

FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY) GF \$ 1.00

* ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

SAVOURY SNACKS

POPCORN GF \$ 1.00

YOGHURT & CUSTARD

CUSTARD BOWL VANILLA \$ 2.80

VAAALIA YOGHURT VANILLA \$ 3.50

CUSTARD CUP VANILLA OVER THE COUNTER ONLY \$ 1.00



EVERYDAY CHOICES PASTA - RICE - BURGERS - PIZZA - HOT BITES

PASTA - RICE	PRICE	HOME MADE PIZZAS	PRICE
BUTTER CHICKEN WITH RICE GF	LARGE \$6 \$ 4.00	CHEESE VEG	\$ 3.80
BOLOGNESE PASTA BEEF SAUCE	\$ 4.00	HAM & CHEESE	\$ 4.50
MACARONI & CHEESE VEG	\$ 4.50	PEPPERONI & CHEESE	\$ 4.50
LASAGNE BEEF	LARGE \$6.5 \$ 4.50	HOT BITES	
LASAGNE VEGE GF VEG	\$ 5.00	CORN COB VEG	\$ 1.30
BURGERS		CHICKEN WING HOT & SPICY	\$ 1.40
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80	GARLIC BREAD VEG	\$ 2.20
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO VEG	\$ 4.80	CHEESE TOASTED WRAP VEG	\$ 2.00
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80	HAM & CHEESE TOASTED WRAP	\$ 3.00
CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 4.80	PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.30
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00	PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00
DONER KEBAB BURGER KEBAB MEAT, BBQ SAUCE	\$ 5.00		

GLUTEN FREE FOODS

GLUTEN FREE BREAD & WRAPS \$ 1.00

YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE MENU

HOT FOODS

MACARONI & CHEESE \$ 5.00

CHICKEN NUGGETS 4 PACK \$ 3.20 6 PACK \$ 4.50

HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN \$ 1.20

THERE ARE LOTS OF OTHER GLUTEN FREE FOODS LISTED ON THE MAIN MENU. THEY HAVE "GF" NEXT TO THEM

IF YOU ORDER ANY OF THE ABOVE FOODS PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG



OCCASIONAL CHOICES HOT BITES - MEXICAN - PASTRIES - SNACKS

CHICKEN NUGGET 100% BREAST	\$ 0.80	PASTRIES	
4 PACK	\$ 3.00	PARTY PIE LOW FAT	x 3 \$ 4 \$ 1.40
6 PACK	\$ 4.20	SAUSAGE ROLL LOW FAT	\$ 3.50
MINI SPRING ROLL OVEN BAKED VEG	\$ 0.90	MEAT PIE LOW FAT	\$ 4.00
HASH BROWN VEG	\$ 1.20	POTATO PIE LOW FAT	\$ 4.50
CHEESE & BACON ROLL	\$ 2.70	SNACKS	
CUP NOODLES CHICKEN - BEEF - SPICY TOM YUM	\$ 3.00	POPCORN EVERYDAY RATED ITEM	\$ 1.00
ORIENTAL VEG		BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00
HOT DOG WITH TOMATO SAUCE (CHICKEN)	\$ 3.30	CHIPS 27g	\$ 2.00
MEXICAN		BANANA BREAD	\$ 2.50
BEEF NACHOS HOME MADE ADD CHEESE 50c GF	\$ 4.70	JELLY BOWL GF	\$ 1.50
VEGE NACHOS SALSA ADD CHEESE 50c VEG GF	\$ 4.70	PIRANHA RICE SNAPS VEGE CRACKERS GF	\$ 2.20

FOOD CODING: VEG VEGETARIAN GF GLUTEN FREE

ALL ITEMS ON THE MENU ARE HALAL (EXCLUDING PORK PRODUCTS)

EVERYDAY CHOICES BREAKFAST

LOTS OF BREAKFAST ITEMS ARE AVAILABLE FROM THE COUNTER AT THE CANTEEN EVERY MORNING INCLUDING:

TOASTED WRAPS - FRUITS - YOGHURT - CUSTARD - MILK



Crunch & Sip

\$ 2.50

Bottle Water 600ml

Choose Any Piece Of Seasonal Fruit