



# Croydon Hills Primary Canteen Menu Effective January 2020

## SANDWICHES ~ wholemeal bread only ~

- White Rolls.....add extra \$0.50
- Salad extras.....add extra \$0.40
- Slice of Cheese.....add extra \$0.50
- Mayo.....add extra \$0.20
- 😊 Cheese.....\$2.20
- 😊 Cheese & Tomato.....\$2.60
- 😊 Cheese & Vegemite.....\$2.60
- 😊 Egg.....\$3.00
- 😊 Egg & Lettuce.....\$3.40
- 😊 Ham.....\$3.00
- 😊 Ham & Cheese.....\$3.40
- 😊 Ham, Cheese & Tomato.....\$3.80
- 😊 Ham & Salad.....\$4.50
- 😊 Roast Chicken.....\$3.20
- 😊 Roast Chicken, Lettuce & Mayo.....\$3.80
- 😊 Salad.....\$4.00
- 😊 Vegemite.....\$2.00

**Salad = Lettuce, Tomato, Carrot, Beetroot & Cucumber.**

## TOASTED SANDWICHES ~ wholemeal bread only ~

- 😊 Baked Beans or Spaghetti.....\$2.60
- 😊 Cheese.....\$2.40
- 😊 Cheese & Tomato.....\$2.80
- 😊 Ham.....\$3.20
- 😊 Ham & Cheese.....\$3.60
- 😊 Ham, Cheese & Pineapple.....\$4.00
- 😊 Ham, Cheese & Tomato.....\$4.00
- 😊 Roast Chicken, Cheese & Pineapple.....\$4.20

😊 **GREEN - Everyday Foods**

😞 **AMBER - Select Carefully Foods**

## WRAPS

- 😊 **Caesar Wrap**.....\$5.00  
- Cos Lett, Bacon, Parmesan & Dressing
- 😊 **Chicken Caesar Wrap**.....\$6.00  
- Chicken, Cos Lett, Bacon, Parm. Cheese & Caesar Dressing.
- 😊 **Tasty Tuna**.....\$5.00  
-Tuna, Lettuce, Tomato & Mayo.
- 😊 **Healthy Ham & Salad**.....\$5.50  
- Ham, Lettuce, Tomato, Carrot, Beetroot & Cucumber.

## SALADS

**NOT AVAILABLE ON FRIDAYS**

- 😊 **Salad Pack**.....\$6.00  
Ham, Chick or Tuna with Lett, Cheese, Tomato, Cucumber, Carrot & Beetroot.
- 😊 **Caesar Salad**.....\$6.50  
Cos Lettuce, Tomato, Bacon, Egg, Croutons & Parmesan Cheese.
- 😊 **Chicken Caesar Salad**.....\$7.50  
Caesar salad with Roast Chicken pieces.

## HEALTHY HAMBURGERS

- 😊 **Beef Burger**.....\$5.00  
Lite Beef burger with Lett, tom & tomato sauce sachet. . Cheese optional, add 50c.
- 😞 **Cheeseburger**.....\$4.50  
Lite Beef burger served in a soft roll with cheese & tomato sauce sachet.
- 😊 **Chicken Burger**.....\$4.50  
Chicken burger with lett & mayo.  
Cheese optional, add 50c extra.
- 😊 **Vegie Burger**.....\$5.00  
Quinoa & Brown Rice Protein Burger with lettuce, tomato & mayo.

★ **TOMATO SAUCE PORTIONS...\$0.30** ★

## HOT FOOD

- 😞 Chicken Nuggets (5 in a bag).....\$3.50
- 😊 Corn on the Cob.....\$0.90
- 😞 Hot Dog.....\$3.50
- 😞 Hot Dog with Cheese.....\$4.00
- 😊 Lasagna or Spag.Bolognese.....\$4.50
- 😞 Mrs Mac's Meat Pie.....\$4.50
- 😞 Jumbo Sausage Roll.....\$4.50
- 😞 Party Pie.....\$1.50
- 😊 Pizza-Hawaiian or Margarita.....\$4.00
- 😞 Party Sausage Roll (homemade).....\$1.50

## CHPS FAVOURITES

- 😊 **Baked Potato**  
Cheese, coleslaw & sour cream.....\$5.00  
with Bacon add.....\$1.00
- 😞 **Chicken Sub**.....\$5.50  
Sweet chilli tenders with lettuce, tomato & sweet chilli sauce.
- 😞 **Yummy Drummy Chicken Roll**.....\$5.00  
Yummy Drummy Chicken pieces with lettuce, cheese & mayo.

## GLUTEN FREE

- 😊 Gluten Free Chicken Nuggets (5).....\$4.00
- 😊 Cheese Toasted Sandwich.....\$3.20
- 😊 Ham & Cheese Toasted Sand.....\$4.20
- 😊 Gluten free Beef Lasagna.....\$5.00
- 😞 GF Honey Joy.....\$0.80
- 😞 GF Banana Bread.....\$2.50
- 😞 GF Vegan Nuggets.....\$4.00

## SAVOURY SNACKS

- 😊 Buttered Popcorn.....\$1.30
- 😞 Cornitos Tangy Cheese.....\$1.00
- 😞 Chips - Honey Soy or Sea Salt.....\$1.40
- 😞 Grainwaves - Sour Cream & Chives.....\$1.40
- 😞 JJ's Chicken Snacks.....\$1.40
- 😞 Potato Stix - Chicken.....\$1.30
- 😊 Vegechips - BBQ Cheese.....\$1.30

## SWEET TREATS

- 😞 Anzac Cookie.....\$0.50
- 😞 Gingerbread Man.....\$1.50
- 😞 Homemade Banana Bread.....\$2.00
- 😞 Homemade Cookies.....\$0.40
- 😞 Honey Joy.....\$0.60
- 😊 Mega Choc Cookie (max.1).....\$1.00
- 😊 Mega White Choc Cookie (max.1).....\$1.00
- 😊 Mini Muffins.....\$0.40

## HEALTHY CHOICE SNACKS

- 😊 Apple Slinky.....\$1.00
- 😊 Banana.....\$1.00
- 😊 Boiled Egg.....\$0.70
- 😊 Carrot Sticks.....\$0.70
- 😊 Celery Sticks.....\$0.80
- 😞 Yogurt Squishy - Straw or Blueberry...\$1.30

## DRINKS

- 😞 GLEE - 99% sparkling fruit juice  
Blackcurrant, Grape, Raspberry, Tropical.....\$2.20
- 😊 Juice Box -  
Apple or Orange.....\$1.50
- 😊 Oak Lite Flavoured Milk -  
Choc or Straw.....\$1.80
- 😞 Quench Mineral Water - Cola,  
Apple/Rasp or Orange.....\$1.60
- 😊 Bottled Water.....\$1.20

## FROZEN TREATS

- 😊 Frozen Pineapple Rings.....\$0.50
- 😞 Fruit Slushy.....\$1.70
- 😞 Icpole Tube (100% Juice).....\$0.70
- 😊 Juices.....\$1.30
- 😊 Mini Calippo.....\$1.10
- 😞 Moosie (frozen flavoured milk).....\$1.30
- 😞 Paddle Pop - Choc or Rainbow.....\$1.80
- 😊 Yoghurt Tub- Rasp, Mango or Straw.....\$2.20

Lunch catered for by order only, please write your child's name, class and order on a paper bag and place money inside (please do not use staples or sticky tape). Please include 10c if you do not have a bag and one will be provided. All frozen items and Apple slinky's need to be collected from the canteen at lunchtime with your stamped lunch bag.

