

Healthy Kids Canteen Menu

Sacred Heart Primary School

Order online on Qkr

Sandwiches

(All sandwiches are made using wholemeal bread. No white bread or spreads unless specified or requested)

- 😊 Happy little Vegemite (with Margarine) \$1.50
- 😊 Say "Cheese" \$2.50
- 😊 Ham \$2.50
- 😊 Lettuce, carrot, tomato & cucumber \$3.50
- 😊 Egg, lettuce & mayo \$2.50
- 😊 Ham, lettuce & mayo \$3.00
- 😊 Chicken (shredded), lettuce & mayo \$3.00

Wrap it up!

- 😊 Chicken tender, lettuce, tomato, cucumber, carrot & mayo \$4.50
- 😊 Chicken tender ½ wrap \$3.00
- 😊 Ham, lettuce & mayo \$3.00
- 😊 Lettuce, carrot, tomato & cucumber \$3.50

Toasted Sandwiches

- 😊 Say "Double Cheese" \$3.50
- 😊 Cheese & tomato \$3.50
- 😊 Ham & Cheese \$3.50
- 😊 Ham, cheese & tomato \$4.00
- 😊 Chicken (shredded) or Turkey & Cheese \$3.50

Salad Boxes

- 😊 Chicken Tender Salad: Chicken tender, lettuce, tomato, carrot & cucumber \$4.50
- 😊 Garden Salad: Lettuce, tomato, carrot, cucumber, corn & egg \$4.00

Add extras to your sandwich or salad!

- Ham, chicken shredded, tuna, egg, cheese, \$1.20
- Gluten free bread or wrap \$1.20
- Lettuce, beetroot, carrot, cucumber, tomato \$0.60
- Mayo \$0.60

Drinks

- 😊 Water 350ml \$1.00
- 😊 Milo Popper 250ml \$1.50
- 😊 Warm Milo in a cup \$1.60
- 😊 Oak flavoured milk: 300ml (Chocolate or Strawberry) \$1.60
- 😊 Just Juice: 200ml (apple, orange, apple & blackcurrant) \$1.50

Frozen

- 😊 Frozen Yoghurt Twists Straw/Vanilla or Choc/Vanilla \$2.00
- 😊 Quelch Fruit Sticks \$0.50
- 😊 Frozen Pineapple \$0.70
- 😊 Frozen Grapes & Frozen Watermelon \$0.80
- 😊 Streets Paddle Pops Choc or Rainbow \$2.00
- 😊 Streets Icy Twist – Lemonade \$1.30
- 😊 Streets Mini Calipo \$1.00
- 😊 Sorbet in Fruit Shells \$2.60

Weekly Special

Fridays: Sushi

Mini Sushi

- 😊 Tuna (cooked) \$3.70
- 😊 Avocado \$3.70
- 😊 Cucumber \$3.70
- 😊 Salmon (raw) \$3.70
- 😊 Tuna (cooked) \$3.70

Sushi Rolls

- 😊 Teriyaki Chicken and Lettuce \$3.70
- 😊 Teriyaki Chicken and Avocado \$3.70
- 😊 Salmon (raw) and Avocado \$3.70
- 😊 Tuna (cooked) and Cucumber \$3.70

Hot Meals- Everyday Lunch (only)

- 😊 Mac 'n' Cheese \$3.50
- 😊 Lasagna \$3.50
- 😊 Lasagna GF \$4.00
- 😊 Butter Chicken & Rice GF \$4.00
- 😊 Chicken Tenders GF (2) \$2.50
- 😊 Chicken Nuggets (4) \$2.00
- 😊 Lite'n Up Beef Pie 175g \$3.80
- 😊 Lite'n Up Sausage Roll 120g \$3.00

Snacks

- 😊 Tasty Cheese with water crackers \$1.50
- 😊 Bread Sticks X 2 \$0.30
- 😊 Apple Slinky \$1.00
- 😊 Carrot Sticks and Hommus dip \$1.00
- 😊 Hard Boiled Egg \$0.80
- 😊 Bega Cheese Stringer \$1.00
- 😊 Want Want Senbei Crackers \$0.20
- 😊 Dairy Free Popcorn \$0.70
- 😊 Pretzels \$0.70
- 😊 Pretzels \$1.00
- 😊 Crispy Fruits: Apple or Mango \$1.50
- 😊 Red Rock Deli Chips \$1.50
- 😊 Grain Waves Sour cream and chives \$1.50

Morning Tea – order only

- 😊 Toasted Banana Bread \$2.50
- 😊 Raisin Toast \$1.00
- 😊 Toasted English Muffin (assorted) \$1.00
- 😊 Garlic Bread \$1.00
- 😊 Mini Pizza - Cheese \$1.20