

HEANY PARK PRIMARY CANTEEN MENU

OPEN WEDNESDAY AND FRIDAY

Please write your child's name, class and lunch order with prices on a suitable sized new lunch bag or add 0.20 for provided bag

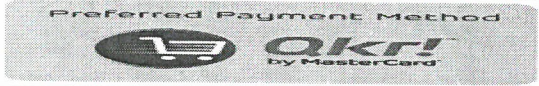
Ordering is available on-line through QKR

HEARTY HOT FOOD		
Curly Spaghetti 97% fat free	\$4.50	⊙⊙⊙
Macaroni Cheese 97% fat free	\$4.50	⊙⊙⊙
Vegetarian Fried Rice 97% fat free	\$4.50	⊙⊙⊙
Dim Sims Steamed	\$1.00	⊙⊙⊙
Potato Scallop - recess only	\$1.00	⊙⊙
Chicken crumbed tender	\$2.10	⊙⊙GF
Hot Dog	\$3.60	⊙⊙
Beef Cheese Burger with Lettuce and Sauce	\$5.00	⊙⊙⊙
Chicken and Cheese Burger with Lettuce & Mayo	\$5.00	⊙⊙⊙
Gluten Free Hot Dog (no roll)	\$3.00	⊙⊙GF
Chicken Breast Nugget - Bag of 3	\$3.50	⊙⊙
Chicken Breast Nugget - Bag of 6	\$6.00	⊙⊙
Corn Cobbette	\$1.00	⊙⊙⊙
100% Vegetable Pastie	\$4.50	⊙⊙ V
Lite n uP Beef Pie	\$4.50	⊙⊙
Lite N Up Sausage Roll	\$4.00	⊙⊙
Lite N Up Snack Party Pie	\$1.00	⊙⊙

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES		
Baked Bean and Cheese	\$3.40	⊙⊙⊙ V
Spaghetti	\$3.00	⊙⊙⊙ V
Cheese	\$3.00	⊙⊙⊙ V
Ham and Cheese	\$4.00	⊙⊙⊙

You can now order lunch on-line through QKR
Download the App at the App Store or Google Play



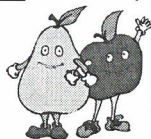
SUPER SANDWICHES AND SALADS		
Sandwich		
Vegetemite	\$2.10	⊙⊙⊙ V
Cheese	\$2.30	⊙⊙⊙ V
Ham (97% fat free)	\$3.00	⊙⊙⊙
Ham (97% fat free) and Salad	\$4.00	⊙⊙
Ham & Cheese	\$3.50	⊙⊙
Roast Chicken	\$3.50	⊙⊙⊙
Roast Chicken & Salad	\$4.50	⊙⊙⊙
Fresh Salad (lettuce, cucumber, tomato, carrot)	\$3.50	⊙⊙⊙ V
Egg & Lettuce	\$2.80	⊙⊙⊙ V
Rolls or Wraps extra	\$0.60	
***All sandwiches on wholemeal bread *** White/Multigrain bread available on request		
FRESH MADE SALAD BOXES		
Mixed Salad (lettuce, cucumber, tomato, cheese, carrot)	\$4.50 Regular	⊙⊙⊙GF
Add beetroot	\$0.50	
Add egg	\$0.50	
Add Chicken or Ham	\$1.00	

EXTRAS		
Salad Dressing Tub	\$0.50	⊙⊙
Tomato Sauce	\$0.30	⊙⊙
LUNCH BAGS (on-line 10c)	\$0.20	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

SPECIAL SNACKS		
Popcorn, Sea Salt or Slightly Sweet	\$1.60	⊙⊙GF
Veggie Crackers BBQ/Cheese	\$1.60	⊙⊙GF
Chips Honey/Soy	\$1.60	⊙⊙
Chips Sea Salt	\$1.60	⊙⊙GF
Home Style Cookies	\$2.20	⊙⊙
Gingerbread	\$1.60	⊙⊙
Ovalteenies	\$1.20	⊙⊙
Homemade Mini Muffin	\$1.00	⊙⊙
Veggie Cup with Dip	\$2.00	⊙⊙⊙GF
Seasonal Fruit Cup	\$2.00	⊙⊙⊙GF
Jelly Cup with Fruit	\$1.50	⊙⊙⊙GF
Raspberry Twists (3 pack)	\$1.00	⊙⊙
Yoghurt Fruit Frogs (5 pack)	\$1.00	⊙⊙

- ⊙⊙⊙ Every Day Foods
- ⊙⊙ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

DRINKS		
600ml Water	\$2.00	⊙⊙⊙GF
250ml Milk (Reduced Fat)	\$2.70	⊙⊙⊙GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.70	⊙⊙⊙GF
Apple or Tropical		
Aqua Fruits Flavoured Springwater	\$2.70	⊙⊙GF
Orange, Blue Heaven, Apple Raspberry or Lemonade		

FROZEN TREATS		
Frozen 100% Juice Tubes	\$1.00	⊙⊙⊙GF
Frozen Skim Milk Tubes (Choc or Blue)	\$1.70	⊙⊙⊙GF
Frozen Pineapple, Watermelon or Orange Slice	\$0.60	⊙⊙⊙GF
Twisted Frozen Yoghurt Choc/Van or Mango/W/Melon	\$2.30	⊙⊙⊙GF
Streets Choc Shake Cup	\$3.00	⊙⊙
Streets Paddle Pop Rainbow	\$2.00	⊙⊙
Sour Ice Tube	\$1.00	⊙⊙
Creamy Yoghurt Ice Tube	\$1.00	⊙⊙

**TURN OVER FOR OUR
SPECIAL MEAL DAYS**

EVERYDAY SPECIAL LUNCH PACK		
Salad Sandwich		
Slice of Fruit	\$5.50	⊙⊙⊙
Mini Muffin		
Water		