



# HEANY PARK PRIMARY CANTEEN MENU

OPEN TUESDAY AND THURSDAY

Ordering is available on-line through QKR

## HEARTY HOT FOOD

|                                             |        |        |
|---------------------------------------------|--------|--------|
| Lasagne 97% fat free                        | \$6.55 | ☺☺☺    |
| Macaroni Cheese 97% fat free                | \$6.55 | ☺☺☺    |
| Vegetarian Fried Rice 97% fat free          | \$6.55 | ☺☺☺ HV |
| Dim Sims Steamed                            | \$1.50 | ☺☺☺    |
| Chicken crumbed tender                      | \$2.80 | ☺☺GF   |
| Hot Dog                                     | \$4.60 | ☺☺     |
| Beef Cheese Burger with Lettuce & Sauce     | \$6.50 | ☺☺☺ H  |
| Chicken & Cheese Burger with Lettuce & Mayo | \$6.50 | ☺☺☺ H  |
| Gluten Free Hot Dog (no roll)               | \$3.10 | ☺☺GF   |
| Chicken Breast Nugget - Bag of 3            | \$3.70 | ☺☺H    |
| Chicken Breast Nugget - Bag of 6            | \$6.20 | ☺☺H    |
| Lite n Up Beef Pie                          | \$6.30 | ☺☺H    |
| Lite N Up Sausage Roll                      | \$5.50 | ☺☺H    |
| Lite N Up Snack Party Pie                   | \$1.65 | ☺☺H    |

All pies heart foundation approved, low GI, reduced fat

## TASTY JAFFLES

|                       |        |       |
|-----------------------|--------|-------|
| Baked Bean and Cheese | \$4.50 | ☺☺☺ V |
| Spaghetti             | \$4.00 | ☺☺☺ V |
| Cheese                | \$4.00 | ☺☺☺ V |
| Ham and Cheese        | \$5.00 | ☺☺☺   |

You can now order lunch on-line through QKR

Download the App at the App Store or Google Play

Preferred Payment Method



## SPECIAL SNACKS

|                                      |        |       |
|--------------------------------------|--------|-------|
| Popcorn Butter                       | \$2.10 | ☺☺GF  |
| Piranha Snaps - Lightl & Tangy Salsa | \$2.10 | ☺☺GFH |
| Chips Honey/Soy or Salt Vinegar      | \$2.00 | ☺☺    |
| Homestyle Cookies                    | \$3.00 | ☺☺    |
| Gingerbread                          | \$2.50 | ☺☺    |
| Ovalteenies                          | \$1.50 | ☺☺    |
| Homemade Mini Muffin                 | \$1.20 | ☺☺    |
| Veggie Cup with Dip                  | \$2.30 | ☺☺☺GF |
| Fruit Salad Cup                      | \$2.30 | ☺☺☺GF |
| Red Licorice (3 pack)                | \$1.00 | ☺☺    |
| Yoghurt Fruit Frogs (5 pack)         | \$1.00 | ☺☺    |
| Sun Fruits                           | \$1.40 | ☺☺    |

## SUPER SANDWICHES AND SALADS

| Sandwich                                            |            |       |
|-----------------------------------------------------|------------|-------|
| Vegemite                                            | \$2.50     | ☺☺☺ V |
| Cheese                                              | \$2.60     | ☺☺☺ V |
| Ham (97% fat free)                                  | \$3.50     | ☺☺    |
| Ham (97% fat free) and Salad                        | \$5.00     | ☺☺    |
| Ham & Cheese                                        | \$4.50     | ☺☺    |
| Roast Chicken                                       | \$3.50     | ☺☺☺   |
| Roast Chicken & Salad                               | \$5.00     | ☺☺☺   |
| Fresh Salad (lettuce,cucumber,tomato,carrot)        | \$4.50     | ☺☺☺ V |
| Egg & Lettuce                                       | \$4.00     | ☺☺☺ V |
| Rolls or Wraps extra                                | \$0.80     |       |
| *** All sandwiches on wholemeal bread ***           |            |       |
| White bread available on request                    |            |       |
| FRESH MADE SALAD BOXES                              |            |       |
| Mixed Salad (lettuce,cucumber,tomato,cheese,carrot) | \$5.00 Reg | ☺☺☺GF |
| Add Chicken or Ham                                  | \$1.50     |       |
| Add Egg                                             | \$1.50     |       |

## EXTRAS

|                    |        |    |
|--------------------|--------|----|
| Salad Dressing Tub | \$0.50 | ☺☺ |
| Tomato Sauce       | \$0.50 | ☺☺ |
| LUNCH BAGS         | \$0.30 |    |

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

## DRINKS

|                                                |        |       |
|------------------------------------------------|--------|-------|
| 600ml Water                                    | \$3.15 | ☺☺☺GF |
| 250ml Milk (Reduced Fat) Chocolate, Strawberry | \$3.50 | ☺☺☺GF |
| 100% Fruit Juice 250ml                         | \$3.40 | ☺☺☺GF |
| Apple or Apple & Blackcurrant                  |        |       |
| Chill J Sparkling 100% Fruit Drink             | \$3.00 | ☺☺GF  |
| Grape, Blueberry, Raspberry, Lemonade          |        |       |

## FROZEN TREATS

|                                                              |        |       |
|--------------------------------------------------------------|--------|-------|
| Icy Pole                                                     | \$1.60 | ☺☺    |
| Frozen Pineapple and Watermelon                              | \$0.80 | ☺☺☺GF |
| Twisted Frozen Yoghurt Choc/Van, Mango/W'Melon or Strawberry | \$3.25 | ☺☺☺GF |
| Supa Pop Chocolate Ice Cream                                 | \$2.20 | ☺☺☺GF |

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

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG



Prices subject to change

Effective JANUARY 2026

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE SELECT ON QKR!