



Healthy Heart @ Sacred Heart

2013 Summer Menu



Canteen Manager: Tracey Kane

Lunch Orders

- Write you child's name, class and order details on a paper bag.
- Please place money in an envelope or in a ziplock bag.
- Please add 20c to the lunch money if you do not have a paper bag.
- Please list drink at the bottom of the order.

Green Light Lunch Foods

These foods are healthy food and can be eaten everyday

Sushi Rolls (GF without Soy Sauce)	\$2.50
Corn on the cob (GF, V)	\$1.00
Nachos, Salsa & Cheese (V)	\$3.50
Cup of Noodles (beef/chicken)	\$2.00
Macaroni Cheese (200g) (V)	\$4.00

Sandwiches / Wraps

Jam / Vegemite	\$1.50
1 filling	\$2.50
2 fillings	\$3.00
3 fillings	\$3.50

Fillings: chicken, ham, baked beans, lettuce, tomato, beetroot, cucumber, grated carrot, cheese, capsicum and spaghetti.

Salad Sandwich (V) \$4.00
(lettuce, tomato, beetroot, cucumber, capsicum & grated carrot)

Roll extra 50c

Salad Sandwich & one filling \$4.50
(ham, chicken, cheese)

Rolls extra 50c

Toasted extra 20c

Green Salad Box (GF, V) \$3.00
(lettuce, cheese, tomato, cucumber, capsicum, carrot)

Sushi Roll Salad Box \$5.00
(1 Sushi Roll, lettuce, tomato, cucumber, capsicum, Carrot)

Fish Fingers Salad Box \$5.00
(2 Fish Fingers, lettuce, tomato, cucumber, capsicum, Carrot)

Dino Salad Box \$4.80
(3 chicken dinos, lettuce, tomato, cucumber, capsicum, carrot)

Drinks

Nippy's (Chocolate and Strawberry) \$2.00

Juice 250ml \$1.80

(Orange/Apple/Apple&Blackcurrent)

Water Plain \$2.00

Flavoured Water \$2.00

(Apple/Raspberry, Orange, Lime/Lemon)

Frozen Food (Lunch Only)

Streets Selection 60c to \$2.00

After Lunch Counter Sales

Range of products \$5c - 20c

(GF) = Gluten Free
(V) = Vegetarian

Amber Light Lunch Foods

These foods should be eaten in limited amounts as they are not as nutritious

Party Pies (limit 3) \$1.50 each

Pie (Mrs Macs) \$3.50

Gluten Free & Dairy Free Meat Pie (GF) \$4.50

Sausage Roll \$3.00

Wedges Bag (V) \$2.00

Spring Rolls (V) 80c each

Chicken Burger(with lettuce & mayo) \$4.00
with Cheese \$4.50

Chicken Wrap (with lettuce & Aioli) \$4.00

½ Chicken Burger \$2.00

Chicken Dinosaurs 80c each

Fish Fingers 80c each

Hot Dog \$3.00

with Cheese \$3.50

Puppy Dog (1/2 Hot Dog) \$1.50

Yummy Drummy \$1.20 each

Ham & Pineapple Pizza Singles \$3.50



Recess Counter Sales

Sml Packet chips (variety) \$1.00

Popcorn \$1.00

Scrolls (Pizza or vegemite & Cheese) 50c

Pizza Slice 50c

Hash Brown 50c

Cookies 50c

Sml Bag Wedges 50c

Jelly Cups 50c

Pancakes 20c

Garlic Bread 10c

Hot Chicken Chips \$1.00

Miscellaneous

Lunch Bag 20c

Spoon / fork 10c

Sauce 20c