

Healthy Kids Canteen 2022

Lynwood Park Primary School



COLD SNACKS

✓ Fruit: <i>seasonal</i>	\$1.00
Jelly Cups	\$1.00
✓ Cheese & Biscuits	\$1.50
✓ Watermelon Bowl	\$2.00
✓ Grape Bowl	\$2.00
✓ Fruit Salad Bowl	\$3.00
✓ Yoghurt: <i>vanilla, strawberry raspberry</i>	\$3.00

DRY SNACKS

✓ Bread Sticks	10c
Brownies	\$1.00
✓ Pretzels	\$1.00
✓ Popcorn	\$1.50
✓ Sea Salt Chips	\$2.00
✓ Honey Soy Chicken Chips	\$2.00
✓ Salt and Vinegar Chips	\$2.00
✓ Grain Waves: <i>sour cream and chives</i>	\$2.00

EVERYDAY DRINKS

✓ Water	\$2.00
✓ Popper: <i>apple, orange, apple blackcurrant</i>	\$2.00
✓ Hot Chocolate	\$2.50
✓ Oak Milk: <i>chocolate, vanilla, strawberry</i>	\$2.50
Groove (sparkling mineral water bottle): <i>raspberry, strawberries & cream, grape,</i> <i>watermelon</i>	\$2.50
✓ Glee (sparkling fruit juice cans): <i>sour cola, bubble gum grape, tropical treat,</i> <i>rockin raspberry, sour watermelon</i>	\$2.50
✓ Chill J (sparkling fruit juice bottle): <i>watermelon, orange passion, apple coola</i>	\$2.50

ICE BLOCKS

✓ Fruity Ice	50c
✓ Snap Stix	\$1.00
✓ Quelch Ice Blocks	\$1.00
✓ Ice Mony	\$1.00
✓ Juicies	\$1.20
✓ Moosies	\$1.20

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SANDWICHES

white, wholemeal or gluten free available

✓	Vegemite or Honey or Jam v	\$2.00
✓	Cheese	\$2.00
✓	Salad v	\$3.00
✓	Ham or Chicken or Tuna	\$3.00
✓	Egg, Lettuce and Mayo v	\$3.00
✓	Curried Egg and Lettuce v	\$3.00
✓	Ham, Cheese and Tomato	\$3.50
✓	Chicken, Lettuce and Mayo	\$3.50

WRAP IT UP

✓	Salad v	\$3.50
✓	Caesar	\$4.00
✓	Chicken, Lettuce and Mayo	\$4.00
✓	Ham and Salad	\$4.50
✓	Chicken and Salad	\$4.50
✓	Sweet Chilli Chicken, Lettuce and Mayo	\$4.50

RICE PAPER ROLLS

✓	Vegetarian v	\$3.50
✓	Tuna	\$4.00
✓	Sweet Chilli Chicken	\$4.00

SALAD BOWLS

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✓ Garden v	\$3.00	\$4.50
✓ Caesar	\$3.50	\$5.00
✓ Ham and Salad	\$3.50	\$5.00
✓ Sweet Chilli Chicken	\$4.00	\$5.50
✓ Chicken Caesar	\$4.00	\$5.50

ADD SOME EXTRAS

Tomato or BBQ Sauce, Salad Dressing	30c
Lettuce, Cucumber, Carrot, Onion	30c
Tomato, Cheese, Beetroot, Pineapple	40c
Ham, Chicken, Tuna, Egg, Curried Egg	50c

HOMEMADE BURGERS

choice of tomato or bbq sauce

✓	Cheeseburger: beef, cheese	\$4.00
✓	Hamburger: beef, lettuce, tomato, beetroot	\$4.50
✓	Chicken Burger: chicken, lettuce, mayo	\$4.50
✓	Hawaiian Burger: chicken, lettuce, tomato, pineapple, mayo	\$5.00

HOMEMADE PIZZAS

✓	Cheese Pizza v	\$3.50
✓	Ham and Cheese Pizza	\$4.00
✓	Hawaiian Pizza: ham, pineapple, cheese	\$4.00
✓	Chicken Pizza: chicken, cheese, bbq sauce	\$4.00

ROCKETS

✓	Cheese v	\$2.50
✓	Ham and Cheese	\$3.00
✓	Chicken and Cheese	\$3.50

HOT FOOD

Chicken Nuggets:	75c
- (4) pack	\$3.00
- (6) pack	\$4.50
Chicken Nuggets: gluten free	80c
Party Pies	\$1.00
Hash Brown	\$1.00
✓ Corn Cob v	\$1.00
✓ Spring Roll	\$1.00
✓ Spicy Chicken Wing	\$1.20
✓ Garlic Bread v	\$2.00
Cheese and Bacon Roll	\$2.50
Sausage Roll	\$3.00
Hot Dog: tomato or bbq sauce	\$3.00
Cup Noodles: chicken or beef	\$3.00
Meat Pie	\$3.50
✓ Lasagne	\$4.50
✓ Mac and Cheese v	\$4.50
✓ Homemade Bolognese	\$4.50
✓ Homemade Butter Chicken	\$5.00

✓ everyday options v vegetarian