

\$4.00 Hot Packs

Zingy Pack: Wedges, Coleslaw & Beetroot, **your choice of** Fish Fillet or 4 Chicken Nuggets.

Classic Pack: Wedges, Tossed Salad, Beetroot, **your choice of** Fish Fillet or 4 Chicken Nuggets.

Veg Pack: Wedges & mixed Vegetables, **your choice of** Fish Fillet or 4 Chicken Nuggets.

\$3.00 Mini Pack: Wedges, **your choice of** 3 Fish Fingers or 3 Dino Snacks or 3 Chicken Nuggets.

\$4.50 Nachos

Corn Chips, Cheese, Lettuce, Carrot, Salsa & Sour Cream

Your choice either: Spicy Beans (V) or Spicy Minced Beef,

\$4.50 G/F Hot Spuds

(extra 50c for sour cream)

Bacon Deluxe: Deluxe Mix (Bacon, Onion & Creamed Corn) with Cheese.

Italian Twist: Beef Bolognese Sauce with Cheese.

Fishy Feast: Tuna Mornay with Cheese

Hawaiian Treat: Ham, Cheese and Pineapple

Vegetarian Choice: Coleslaw, Cheese, Pineapple and Beetroot

Mexican Fiesta: Spicy Beef, or Spicy Bean mix with cheese and house made salsa.

Sometimes Food

(Consume in Moderation)

Potluck Recess: Food with * can be purchased over counter, limit amounts prepared.

Mrs Mac's Pie (Beef or Potato)	\$3.80
Mrs Mac's snack Pie	\$1.20
Mrs Mac's Sausage Roll	\$3.50
Cup of Wedges (Oven Baked)	\$2.50
tub sour cream w/without chilli sauce 50c extra	
Cup of spaghetti or Baked Beans	\$1.00
Chicken Nuggets or Dino Snacks (Max 4 per serving)	50c each
Dinner roll Plain or Buttered	60c each
G/F Chicken Tender or Sweet Chilli Tender*	\$1.50
Hash Brown*	\$1.00
Mini Hotdogs with Cheese and Sauce*	\$1.50
Mini Pizza: Ham & Pineapple, Cheese & Bacon or BBQ Chicken*	\$1.50

Hackham East Primary School's EATS 'N' TREATS MENU 2019

Eats 'n' Treats supports the S.A. Right Bite policy and all food sold to students meet these guidelines. We aim to provide foods with low fat, sugar & salt content that tastes great & have good nutritional value.

How to order Lunch from the Canteen:

1. Write child's name and class teacher on the lunch order bag (One bag per child please)
2. Write the items you wish to order on the bag.
3. Include cost for each item and a total cost, enclose correct money if possible in small white bag place in lunch order bag.
4. Place the lunch order in the class lunch bag.
5. ORDERS MUST BE IN BY 9:15, Thank You

*Bundles of bags can be purchased from the canteen, \$1.20 for a bundle of 20 order bags and 20 white bags.

Before school seasonal fruit can be purchased from the canteen, price subject to market conditions.

CHECK FACEBOOK FOR CURRENT SPECIALS BEING OFFERED BY THE CANTEEN

Drinks		Frozen Treats	
Water 350ml	\$1.00	Nice 'n' Juicy	40c
Water 600ml	\$1.50	Popup Juicie	\$1.00
Water 1.5L	\$2.50	Moosies	\$1.40
Carton Fruit Juice 250ml	\$1.50	Mini frozen yoghurt	50c
Fleurieu Fresh Milk 300ml		Ice cream cone	\$1.00
Strawberry or Chocolate	\$2.00	Bowen mango	\$1.00
Moo Milk 200ml		Pineapple, lime or raspberry split	\$1.00
Strawberry or Chocolate	\$1.30	Fruit 'n' Juice	\$1.00
Up and Go 250ml	\$2.00	Kool Sticks	60c
Hot or cold Milo	\$1.00	Ice block	60c
Slushy	\$1.50		
Snacks			
Packet of Air Popped Corn	50c	Assorted cookies.	50c
Assorted Packets of Snaps	50c	Apple Bread	50c
Large Muffin	\$1.50	Banana Bread.	50c

MAINS

Sandwiches, Subs, Wraps & Double Cut Rolls

	S/wich	Subs	Wrap	D/C
Note: Any can be toasted for free				
Buttered	\$1.00	\$1.20	N/A	\$2.20
Vegemite	\$1.50	\$1.80	N/A	\$2.80
Cheese	\$2.00	\$2.50	\$3.00	\$3.50
Cheese & Tomato	\$2.50	\$3.00	\$3.50	\$4.00
Salad: Lettuce, cucumber, tomato, carrot, cheese & mayo	\$2.80	\$3.00	\$3.50	\$4.00
Ham: Ham, cheese, lettuce, carrot & mayo	\$3.50	\$4.00	\$4.50	\$5.00
Chicken: Chicken, lettuce, cucumber, tomato & mayo	\$3.50	\$4.00	\$4.50	\$5.00
Chicken Caesar: Lettuce, cucumber, cheese, parmesan, egg, caesar dressing	N/A	\$3.00	\$3.50	N/A
Egg: Curried or plain egg, lettuce & mayo	\$2.50	\$3.00	\$3.50	\$4.00
Tuna: Tuna, lettuce & mayo	\$3.50	\$4.00	\$4.50	\$5.00
<i>Added Extras</i>				
Gherkin, pickled onion or beetroot			50c per serve	
Boiled egg or Ham			60c per serve	
Cheese, Tomato, Lettuce, Cucumber or Grated Carrot			50c per serve	
\$2-\$3 Jaffles/Toasties				
Cheese				\$2.00
Baked Beans				\$3.00
Spaghetti				\$3.00
Egg and Bacon Scramble				\$3.00
\$4.50 Housemade Gluten Free Hot Dinners				
Beef Lasagne				\$4.50
Pasta Bolognese				\$4.50
Tuna Mornay				\$4.50
Macaroni Cheese				\$4.50
\$3 -\$4 Hot Dogs				
Plain				\$3.00
Cheese and Tomato Sauce				\$3.50
(Mustard, BBQ, Garlic Butter can be added at no extra cost)				
Fried Onion extra 50c				

\$3-\$4 Hot Subs

Mix 'n' Match

Choose one or more of these fillings; Cheese, Ham, Tomato.	\$3.00
Chicken , Cheese, Lettuce & Mayo	\$4.00
Sweet Chilli or Gluten Free Chicken Tender , Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.00
Fish Finger (3), choose from Lettuce and Mayo or Coleslaw	\$3.00
Chicken Breast Nugget (4), Lettuce, Cucumber, Tomato, Mayo	\$4.00
Meat Ball (5), Cheese, Pizza Sauce, Lettuce, Cucumber and Tomato	\$4.00

\$4- \$4.50 Hot Wraps

Chicken Nugget: (4), Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.50
Sweet Chilli or G/F Chicken Tender: Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.50
Fish Fillet: Lettuce, Cucumber, Tomato and Mayo	\$4.00
Chilli Chicken Breast: Chicken, Onion, Capsicum, Cooked in Sweet Chilli Sauce served with Lettuce, Cucumber, Tomato	\$4.50

Salad Packs

(Main \$4.00, Side \$2.00)

Caesar Salad: Ham or Chicken with Lettuce, Cucumber, Egg, Shredded Cheese, Croutons, Parmesan Cheese & Caesar Salad Dressing.
Tossed Salad: Ham, Chicken or Egg with Lettuce, Cucumber, Tomato, Carrot, Capsicum, Cheese and French Salad Dressing.

\$3- \$4.50 Burgers

Cheese Burger: Beef Pattie, Cheese and Sauce	\$3.00
Beef Burger: Beef Pattie, Bacon Rasher, Cheese, Lettuce, Tomato and Tomato Sauce	\$4.00
Chicken Burger: Chicken Pattie, Lettuce, Cucumber, Tomato and Mayo	\$4.50
Fish Burger: Fish Fingers (3), Cheese, Lettuce, Cucumber, Tomato, Mayo or Tomato Sauce	\$3.50
Bacon Burger: Fried Bacon Rasher, Egg and Onion with Lettuce, Cucumber, Tomato, Beetroot and BBQ Sauce	\$4.50
Meatballs: (5), Pizza Sauce, Cheese, Lettuce, Cucumber and Tomato	\$4.50
<i>Added Extras:</i> Egg, Cheese, Fried Onion	50c per serve