

**Drinks:**

Water 350ml \$1:00  
 Water 600ml \$1:50

Popper Juice

Pineapple \$1:50  
 Harvey Fresh Juice \$1:50  
 (Apple, Orange & Blackcurrant)  
 Mountain Fresh Juice \$2:00  
 (Tropical, Apple & Mango, Apple & Guava, Apple)  
 Orange & Apple, Apple & Pear \$1:50

Hot Milo \$1:00

Cold Milo \$1:00

Oak 300ml \$2:00  
 (Chocolate, Banana or Strawberry)

Milk Breaka 250 ml \$1:50  
 (Chocolate, Vanilla or Strawberry)

Up 'n' Go \$2:00  
 (Chocolate, Banana or Strawberry)

**Frozen Treats:**

Slushie \$1:80  
 Half Slushie \$1:00  
 Juices Pop Up \$1:00  
 Juices 70  
 Nice 'n' Juicy 40c  
 Fan Dangles \$1:60

Moosies \$1:20  
 (Strawberry, Chocolate, Banana, Lime or Bluemoon)

Fruit yoghurt Minis 60c  
 Swings \$1:50  
 (Strawberry or Chocolate)  
 Ice Cream Cone \$1:00

**Snacks:**

Packet Air Popped Corn 50c  
 Packet Snaps 50c  
 Small Muffin 60c  
 Large Muffin \$1:20  
 Cookies 60c

**Fruit:**

Prices subject to market conditions  
 Apples, Bananas, Oranges, Pears and other seasonal fruit are available

**Pot Luck**

Available over the counter at Recess and Lunch till stock runs out. Can be ordered for lunch

Mini Hotdog \$1:20  
 Mini Pizza \$1:20  
 (ham & Pineapple, Cheese & Bacon or BBQ Chicken)  
 Chicken Dinosaurs 50c  
 Gluten Free Chicken tenders \$1:50  
 Sweet Chilli Chicken Tenders \$1:50  
 Hash browns 60c

**Sometimes Foods:**

Choose to have these in moderation

Mrs Macs Meat Pie \$3:70  
 Mrs Macs Potato Pie \$3:70  
 Mrs Macs Snack Pie \$1:00  
 Mrs Macs Sausage Roll \$3:50  
 Chicko Roll \$3:00  
 Cup of Wedges \$2:50  
 Cup of Spaghetti \$1:00  
 Cup of Baked Beans \$1:00  
 Plain or Buttered Dinner Roll 50c

Hackham East Primary School

**Eats 'n' Treats Menu 2016**

Eats 'n' Treats supports healthy eating & ALL foods sold adhere to the SA Right Bite guidelines. We aim to provide low fat, sugar & salt foods that taste great & provide the students with important food groups & nutrients required for their growth & wellbeing.

**How to Order:**

1. Write your lunch order. Lunch orders are written on a paper bag. Check that the student's name and class teacher's name are clearly written on the bag. The total cost and amount of money enclosed should also be written on the bag.
2. Place money in small paper bag and then in the lunch order paper bag. Check that the student's name and class teacher's name are clearly written on the small bag. Change will be given if needed, however correct money is greatly appreciated.
3. Place lunch order in class lunch bag. This is a brightly coloured cloth bag with your teacher's name on it, it is found in your classroom.
4. Your lunch will be delivered to your class at lunchtime. Lunch monitors will take your order to the canteen and will bring your lunch back to the class.

**Special Combo Deals:**

Buy any main meal and a drink and get one of the following snacks free.  
 Packet Popped Corn, Cookie, Packet Snaps, Small Muffin or an Apple.

**Bundle of bags : \$1:20**

20 brown lunch order bags and 20 small white money bags.

<u>New</u>		
<b>GLUTE N FREE PIES</b>	Beef Pie	\$4:00
	Curry Vegetable Pie	\$4:00
<b>GLUTEN FREE ROLLS</b>	Beef Roll with Veggies	\$3:50
	Vegetable and Ricotta Roll	\$3:50
	Roll	
<b>HOT DINNERS GLUTEN FREE:</b>	Beef Lasagne	\$4:00
	Tuna Mornay	\$4:00
	Pasta Bolognaise	\$4:00
	Macaroni Cheese	\$4:00
	Chicken Curry & Rice	\$4:00

**Sandwiches, D/C Rolls,  
Wraps & Cold Subs:**

*Sandwiches and Rolls available in White  
or Wholemeal*

Salad:

*Lettuce, cucumber, tomato, carrot,  
cheese & mayo.*

Sandwich: \$2:50      D/C Roll: \$4:00  
Wrap: \$3:50          Sub: \$3:00

Ham:

*Ham, cheese, lettuce, carrot and mayo.*

Sandwich: \$3:00      D/C Roll: \$4:50  
Wrap: \$4:00          Sub: \$3:50

Chicken:

*Chicken, lettuce, cucumber, tomato &  
mayo.*

Sandwich: \$3:50      D/C Roll: \$4:50  
Wrap: \$4:00          Sub: \$4:00

Egg:

*Curried or plain egg, lettuce & mayo.*

Sandwich: \$2:50      D/C Roll: \$4:00  
Wrap: \$4:00          Sub: \$4:00

Tuna:

*Tuna, lettuce & mayo.*

Sandwich: \$3:50      D/C Roll: \$5:00  
Wrap: \$4:80          Sub: \$4:00

Vegemite:

Sandwich: \$1:50      Roll: \$2:50

**Toasties:** \$3:00

Baked Beans  
Spaghetti  
Egg & Bacon  
Ham & Cheese  
Cheese & Tomato  
Cheese  
Ham, Cheese & Tomato

**Hot Subs:**

Hotdog, cheese & Sauce \$3:50

Ham, Cheese & Tomato \$3:50

Cheese \$2:00

Chicken, Cheese, Lettuce & Mayo \$4:00

Sweet Chilli or Gluten free

Chicken Tender, Lettuce, Cucumber,  
Mayo or Sweet Chilli Sauce: \$4:00

Fish Fingers, Lettuce, Tomato, Cheese &  
Tomato Sauce \$3:50

Gluten Free Chicken Breast Nuggets,  
Lettuce, Cucumber, Tomato with Mayo  
or Sweet Chilli Sauce \$4:00

**Hot Wraps:**

Gluten Free Chicken Nuggets, Lettuce,  
Cucumber, Tomato & Mayo or Sweet  
Chilli Sauce \$4:00

Sweet Chilli or Gluten Free Chicken  
Tender, Lettuce, Cucumber, Tomato &  
Mayo or Sweet Chilli Sauce \$4:50

Fish Fillet, Lettuce, Cucumber, Tomato &  
Mayo \$4:00

**Salad Packs:**

Small: \$3:00          Large: \$4:00

Caesar Salad:

Ham or Chicken, Lettuce, Cucumber,  
Egg, Cheese, Croutons, Parmesan  
Cheese & Caesar Salad Dressing Sachet

Tossed Salad:

Ham or Chicken or Egg, with Lettuce,  
Cucumber, Tomato, Carrot, Capsicum,  
Cheese & French Salad Dressing Sachet

Gluten Free Pasta Salad:

Ham or Chicken or Egg, with Pasta,  
Grated Carrot, Capsicum, Corn &  
Thousand Island Dressing

**Hot Packs:** \$4:00

Classic Fish Pack:

Fish Fillet, Wedges, Tossed Salad &  
Beetroot

Zingy Fish Pack:

Fish Fillet, wedges, Coleslaw & Beetroot

Gluten Free Classic Chicken Nugget  
Pack:

Chicken Nuggets, Wedges, Tossed Salad  
& Beetroot

Gluten Free Zingy Chicken Nugget Pack

Chicken Nuggets, Wedges, Coleslaw &  
Beetroot

Gluten Free Chicken Nugget and Veg  
Pack:

Chicken Nuggets, Wedges & Mixed  
Vegetables

**Nachos:** \$4:50

Beef Nachos:

Spicy Minced Beef with Corn, Chips,  
Cheese, Lettuce, Carrot, Salsa & Sour  
Cream

Vegetarian Nachos:

Spicy Beans with Corn Chips, Cheese,  
lettuce, Carrot, Salsa & Sour Cream

**Hot Potatoes (Gluten Free):** \$4:50

*(Sour Cream 50c extra)*

Bacon Deluxe:

Bacon, Onion & Corn Mix with Cheese

Hawaiian:

Ham, Cheese & Pineapple

Vegetarian:

Coleslaw, Cheese, Pineapple & Beetroot

**Burgers:**

Chicken Burger:

Chicken Patty, Lettuce, Cucumber,  
Tomato & Mayo. \$4:50

Fish Finger Burger:

Fish Fingers, Cheese, Lettuce, Tomato &  
Tomato Sauce. \$4:00

Bacon Burger:

Fried Bacon, Egg & onion with Lettuce,  
Tomato, Cucumber, Beetroot & BBQ  
Sauce. \$4:50