



Hackham East Primary School's

EATS 'N' TREATS MENU 2018

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

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.

BUY ANY (MAIN) MEAL AND DRINK AND GET ONE OF THE FOLLOWING FREE, PACKET POPPED CORN, COOKIE, PACKET SNAPS, SMALL MUFFIN OR AN APPLE

Hot Packs	
Classic Fish: Fish Fillet, Wedges, Tossed Salad & Beetroot.	\$4.00
Zingy Fish: Fish Fillet, Wedges, Coleslaw & Beetroot	\$4.00
G/F Classic Chicken Nuggets: 4 Nuggets, Wedges, Tossed Salad & Beetroot	\$4.00
G/F Zingy Chicken Nuggets: 4 Nuggets, Wedges, Coleslaw & Beetroot	\$4.00
G/F Chicken Nuggets & Veg: 4 Nuggets, Wedges & mixed Vegetables	\$4.00
Nachos	
Beef: Spicy Minced Beef, Corn Chips, Cheese, Lettuce, Carrot, Salsa & Sour Cream	\$4.50
Vegetarian: Spicy Beans, Corn Chips, Cheese, Lettuce, Carrot, Salsa & Sour Cream	\$4.50
G/F Hot Spuds	
Bacon Deluxe: Bacon, Onion & corn Mix with cheese.	
Italian Twist: Beef bolognaise sauce with cheese.	
Fishy Feast: Tuna Mornay with cheese	
Hawaiian Treat: Ham, cheese and pineapple	
Vegetarian Choice: Coleslaw, cheese, pineapple and beetroot	
Mexican Fiesta: Beef, or bean spicy mix with cheese and salsa	\$4.50 each
Add sour cream	50c
Sometimes Food Consume in Moderation	
Food with * can be purchased over counter at Recess at Potluck	
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
Cup of spaghetti or Baked Beans	\$1.00
G/F Chicken Nuggets or Dino Snacks (Limit 4)	50c each
Tub of Sour cream and Sweet chilli sauce	50c each
Plain or Buttered Dinner roll	60c each
G/F Chicken Tender or Sweet Chilli Tender*	\$1.50
Hash Brown*	80c
Mini Hotdogs with Cheese and Sauce*	\$1.20
Mini Pizza: Ham & Pineapple, Cheese & Bacon or BBQ Chicken*	\$1.20

Drinks		Frozen Treats	
Water 350ml	\$1.00	Nice 'n' Juicy	40c
Water 600ml	\$1.50	Popup	\$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		Lemon/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	\$2.00		
Snacks			
Packet of Air Popped Corn	50c	Fresh Fruit salad cups (seasonal)	\$1.00
Assorted Packets of Snaps	50c	Jelly Fruit Cup/Fruit Cup	\$1.00
Small Muffin	60c	Yoghurt tubs	\$1.00
Large Muffin	\$1.20	Assorted cookies	50/60c
Apple Cake/Banana Bread	50c		

MAINS

Sandwiches, Subs, Wraps & Double Cut Rolls				
Note: Any can be toasted for free	S/wich	Subs	Wrap	D/C
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
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				50c per serve
Tomato, Lettuce, Cucumber or Grated Carrot				50c per serve
Jaffles/Toasties				
Cheese				\$2.00
Baked Beans				\$3.00
Spaghetti				\$3.00
Bacon & Egg				\$3.00
Egg & Sauce				\$3.00
Homemade Gluten Free Hot Dinners				
Beef Lasagne				\$4.50
Pasta Bolognaise				\$4.50
Tuna Mornay				\$4.50
Macaroni Cheese				\$4.50
Hot Dogs				
Plain				\$3.00
Cheese and Tomato Sauce (Mustard and BBQ can be added)				\$3.50

Hot Subs	
Cheese	\$2.50
Ham, Cheese and Tomato	\$3.50
Chicken, Cheese, Lettuce & Mayo	\$4.00
Sweet Chilli or Gluten Free Chicken Tender, Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.00
Fish Fillet, Lettuce, Tomato, Cheese and Tomato Sauce or Mayo	\$4.00
Gluten Free Chicken Breast Nugget (5), Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.00
Meat Ball (5), Cheese, Pizza Sauce, Lettuce, Cucumber and Tomato	\$4.00
Hot Wraps (Main)	
G/F Chicken Nuggets (5), Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.50
Sweet Chilli or G/F Tender, Lettuce, Cucumber, Tomato, Mayo or Sweet Chilli Sauce	\$4.50
Fish Fillet, Lettuce, Cucumber, Tomato and Mayo	\$4.00
Chilli Chicken Breast, Lettuce, Cucumber, Tomato, Onion, Capsicum and Sweet Chilli Sauce	\$4.50
Salad Packs	
Caesar Salad: Ham or Chicken with Lettuce, Cucumber, Egg, Cheese, Croutons, Parmesan Cheese & Caesar Salad Dressing	\$4.00
Tossed Salad: Ham or Chicken or Egg, lettuce, Cucumber, Tomato, Carrot, Capsicum, Cheese and French Salad Dressing	Main \$4.00 Side \$2.00
Burgers	
Cheese Burger: Beef, Cheese and Sauce	\$3.00
Beef Burger: Beef, Lettuce, Cucumber, Tomato, BBQ or Tomato Sauce	\$4.50
Chicken Burger: Chicken, Lettuce, Cucumber, Tomato and Mayo	\$4.50
Fish Burger: Fish Fillet, Cheese, Lettuce, Cucumber, Tomato, Mayo or Tomato Sauce	\$4.00
Bacon Burger: Bacon, Egg, Onion, 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, Onion	50c per serve