

## SPECIAL FOOD MENU

Mondays only – Spaghetti

Spaghetti Bolognese \$5.00

Tuesdays only – Dumplings (Small)

Made fresh in canteen –

*\*Please note that the dumplings contain sesame oil*

3 x Chicken Dumplings \$2.00

6 x Chicken Dumplings \$3.50

9 x Chicken Dumplings \$5.00

Wednesdays only – Sushi

Made fresh in canteen

*\*Please note one sushi is large enough for a lunch meal*

Sushi – Vegetarian \$3.30

Any combination of vegetables

Sushi – Chicken or Tuna \$3.60

Sushi – Chicken or Tuna & Vegetables \$3.80

Soy Sauce 30c

Everyday

Occasional

V = Vegetarian

GF = Gluten Free

## Canteen Hours:

8.30am – 1.30 pm M-F  
Counter Sales and Orders

Contact: Natalie (M-W) Christina (T-F)

Phone: 9489 2410

Email: canteen.hsps@gmail.com

Please note that all orders **must be received by 9am.**

Save time and order online:

**www.munchmonitor.com**

Username: hsps

Password: munch2077

# Snack Shack



# 2018 TERM 1 MENU



# Fresh & Delicious Sandwiches, Pizzas, Salads and Snacks

## Breakfast 8.30-9am

(Counter sales only)

Toast with Vegemite	\$1.00
Hot Chocolate (Mon, Tues & Wed only)	\$1.20
Coffee (parents only)	\$3.00

## Drinks

(Counter sales and orders)

Water (300ml)	\$1.00
Chocolate Oak (300ml)	\$2.00
Strawberry Oak (300ml)	\$2.00
Full Cream Milk (200ml)	\$1.00
Full Cream Milk (200ml) & Sipahh Milk Flavouring Straw	\$1.50
99% Fruit Juice (No added sugar)	
Apple Juice	\$1.70
Apple/Blackcurrant Juice	\$1.70
Orange Juice	\$1.70
Multivitamin Juice	\$1.70

## Frozen Treats (Counter sales only)

Frozen Chocolate Cup	50c
Frozen Strawberry Cup	50c
Frozen Fruit Juice Cup	50c
Frozen Fruit Tubes (99% fruit juice)	60c
Frozen Pineapple Ring	50c
Frozen Orange Quarter	20c
Frozen Mandarin (1/2 Mandarin)	50c
Bag of Frozen Grapes	\$1.25
Fruit Slushie (99% fruit juice) - Sml	\$1.00
Lge	\$2.00
Paddle Pop	\$1.50
Icy Twist	\$1.50

## Snacks (Counter sales and orders)

Apple	80c
Bag of Sultanas	75c
Bag of Carrot sticks	70c
Dried Banana Slices	\$1.25
Box of Dried Sultanas & Apples	85c
Box of Mixed Berries	\$3.00
Bag of cucumber slices	\$1.50
Plain Popcorn	80c
Yoplait Vanilla Yoghurt	\$1.25
Yoplait Strawberry Yoghurt	\$1.25
Bega Cheese Stringers	\$1.20
Mainland Light & Tasty Cheese	
With Water Crackers	\$2.85
Smiths Original Chips	\$1.70
Smiths Salt & Vinegar Chips	\$1.70
Red Rock Honey Soy Chips	\$1.70

## Fresh Salads & Fruit

(Lunch orders only)

Garden Salad Tub	\$4.00
Tuna/Chicken or Ham Salad Tub	\$4.50
Apple Slinky	\$1.20

## Hot Meals

(Lunch orders only)

Lean Beef Lasagne	\$5.00
Vegetable Lasagne (v)	\$5.00
Macaroni Cheese (v)	\$5.00
Penne Napolitana (v)	\$5.00
<i>Pizzas made fresh in canteen</i>	
Cheese Pizza (v)	\$4.50
Garlic & Cheese (V)	\$4.60
BBQ Chicken Pizza	\$4.80
Ham and Pineapple	\$4.80
Ham Pizza	\$4.80
Gluten Free Cheese Pizza (v)	\$5.00
Meat Pie (low fat)	\$4.50
Lean Beef Sausage Roll	\$3.50
3 x Chicken Nuggets	\$1.50
3 x Chicken Wedges	\$2.70

## Sandwiches (Lunch orders only)

Wholemeal bread unless specified

Cheese	\$1.80
Vegemite	\$1.20
Chicken/Ham or Tuna	\$3.00
Chicken/Ham or Tuna & Salad	\$4.00
Ham and Cheese	\$3.50
Ham, Cheese and Tomato	\$3.80
Cheese and Salad	\$3.80
Salad Sandwich	\$3.30

Extras	
Tomato Sauce	30c
Mayonnaise	20c
Gluten Free	\$1.00

White Bread request

All beef and chicken products are Halal Certified

