

"Making healthy choices, easy choices"



OPEN

Lunch & Recess

Monday

Wednesday

Friday

Summer MENU

Term 4 2015—End Term 1 2016



Email: hfcanteen@lism.catholic.edu.au

Canteen Coordinator: [Michelle Lyons](#)

Updated Menu: Term 4 2015— End Term 1 2016

Holy Family Catholic Primary
CANTEEN



Daily Specials

Standard Menu



Monday

- Holy Moly Burgers** (Chicken pattie, lettuce, fresh grated cheese, mayo).... \$5.00 ●
- Macho Nachos** (Natural corn chips, meat bean mix)\$5.00 ● GF*
- Chicken Little Twister** (Chicken, little mayo, grated cheese wrap)\$5.00 ●

Wednesday

- Sushi** (Pre order online to canteen email—see below)
- Chicken teriyaki \$3.60 ●
 - Avocado \$3.60 ● GF
 - Tuna \$3.60 ● GF
- Pasta Salad** (pasta, fresh herbs, tomatoes, balsamic vinegar) \$5.00
- Caesar Salad** (Cos lettuce, Caesar dressing, egg, parmesan cheese ham bits, croutons) \$5.00 ● GF

Friday

- Holy Moly Burgers** (Chicken pattie, lettuce, fresh grated cheese, mayo) \$5.00 ●
- Spinach Salad** (spinach, 3 bean, ch tomato, balsamic, avo,ginger) \$5.00 ●

CODES

- Healthy Choice ● Occasional Choice GF Gluten Free DF Dairy Free

NOTES

Sushi orders must be in by Tue 9pm for Wednesday Sushi Day.

Orders can be online via hfcanteen@lism.catholic.edu.au or sent in on previous canteen days.

Our Canteen is open each Monday, Wednesday and Friday.

Hot Lunch

- Traveller Pie** \$3.50 ●
- Chicken Nuggets**(3) or (6).....\$2.50 or \$5.00 ●
- Gluten Free Chicken Nuggets (6 for)** \$5.00 ● GF
- Sausage Roll** \$3.50 ●
- Gluten Free Sausage Roll \$4.50 ● GF
 - Tomato Sauce \$0.25 ●
- Quiche** \$4.00 ●
- Spinach & Ricotta Roll** \$3.50 ●
- All Toasties**(up to 2 choices)..... \$4.00 ● GF \$1.50 extra
- Extras50c ea

Sandwich & Wrap Bar

- Salad Sandwich** \$5.00 ● GF \$1.50 extra
- with fresh chicken, ham or tuna \$6.00 ● GF \$1.50 extra
- Salad wrap** \$5.00 ●
- with fresh chicken, ham or tuna \$6.00 ●
 - ½ Salad Wrap \$4.00 ●
- Julius Caesar Salad** (lettuce, parmesan, ham, croutons, egg, caesar dressing) **with chicken** ..\$6.50 ● GF
- Beetroot Salad** (beetroot, coriander, apple, carrot\$4.00 ● GF

Snacks

- Homemade Hummus Dip**
- (rice crackers, celery, carrot sticks) \$3.00 ● GF DF
- Hard Boiled Egg** \$1.00 ● GF
- Frozen Yoghurt** (mango/strawberry, rasp) \$2.00 ● GF
- Moosie** \$1.40 ● GF
- Icy Twist** (Lemonade) \$1.40 ● GF DF
- Fresh Fruit of the day or frozen fruit cup**..... \$1.00 ● GF
- Honey Soy Chips** \$1.00 ●
- Sea Salt Chips** \$1.00 ● GF
- Vegemite Scroll** \$0.70 ●
- Anzac or Rock Biscuit or Muffin**..... \$1.00 ●

Drinks

- Spring Water / Poppers**..... \$1.50 ● GF DF
- Plain Milk** \$1.00 ● GF
- Flavoured Milk,** \$2.00 ● GF
- Slushie** \$2.00 ● GF DF