



Healthy Kids Canteen Menu

Middle Harbour Public School

2021

Order online at flexischools.com.au

Sandwiches / wraps / rolls

All served on wholemeal bread unless otherwise requested.

☺ Happy Little Vegemite (with margarine) V	\$2.50
☺ Cheese V	\$3.00
☺ Cheese & tomato V	\$3.50
☺ Ham	\$3.50
☺ Ham & cheese	\$4.50
☺ Ham, cheese & tomato	\$4.70
☺ Ham & salad	\$4.70
☺ Ham, lettuce & mayo	\$4.20
☺ Chicken & cheese	\$4.20
☺ Chicken & salad	\$4.70
☺ Chicken, lettuce & mayo	\$4.50
☺ Tuna & cheese	\$4.50
☺ Tuna, lettuce & mayo	\$4.20
☺ Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V	\$4.30
☺ Salad & cheese V	\$4.20
☺ Egg & cheese V	\$4.50
☺ Egg, lettuce & mayo V	\$4.20

Toasted sandwiches (in press)

All served on wholemeal bread unless white bread is requested.

☺ Happy Little Vegemite (with margarine) V	\$3.00
☺ Cheese V	\$3.50
☺ Cheese & tomato V	\$4.00
☺ Ham & cheese	\$4.80
☺ Chicken & cheese	\$4.80
☺ Tuna & cheese	\$4.70
☺ Egg & cheese V	\$4.50
☺ Ham	\$4.00
☺ Ham, cheese & tomato	\$5.00

Change up your sandwich:

Add: ham, chicken, tuna	\$1.00
Add: Lettuce, carrot, cucumber, tomato, beetroot	\$0.60
Add: Egg, cheese	\$0.60
Change +: wrap / roll	\$0.50
Change +: gluten-free bread GF	\$0.80

Fresh salads

☺ Superhero salad: Lettuce, carrot, tomato, cucumber, corn, cheese V GF	\$5.00
☺ 3 C's veggie pasta salad: Pasta, carrot, cucumber, corn & mayo dressing V	\$5.00
☺ Caesar salad	\$5.00
☺ Seasonal fruit salad: Small V GF	\$3.50

Change up your salad:

Add: chicken, tuna, ham	\$1.00
Add: egg, cheese	\$0.60

Hot meals - canteen made

☺ Mac 'n' Cheese V	\$4.50
☺ Pasta Bolognese (beef)	\$5.00
☺ Pasta Napolitana: vegetarian V	\$5.00
☺ Lasagna: beef	\$5.50
☺ Lasagna: veggie	\$5.50
☺ Chicken & sweetcorn creamy pasta	\$5.00
Sausage roll - Lite Four'N Twenty	\$4.70

Snacks

☺ Piece of seasonal fruit V GF	\$1.50
☺ Poppin' corn V GF	\$1.00
☺ Jelly (made with 100% juice)	\$1.50
Fluffy chocolate mousse V GF	\$2.00
Red Rock Deli chips	\$1.50
☺ Assorted English muffins	\$2.50
☺ Veggie sticks with hommus	\$2.50
Chicken breast fingers (3 per serve)	\$2.00
☺ Cheesy garlic pita	\$1.50
Freshly baked berry muffins	\$2.00

Frozen

Quelch juicy sticks V GF	\$0.70
Juicies (wild berry, tropical, lemonade)	\$2.00
☺ Twisted frozen yoghurt (chocolate/vanilla, strawberry/vanilla, watermelon/mango) V GF	\$2.80

Drinks

☺ Water: 600ml	\$2.00
☺ Plain milk: 300ml	\$2.00
☺ Oak Lite flavoured milk: 300ml (choc, strawberry)	\$3.00
☺ Harvey Fresh Juice: 250ml (apple, orange, apple & blackcurrant)	\$2.00
☺ Chill J 100% Sparkling Fruit Juice: 250ml (blastin' blackcurrant, rippin' raspberry, groovy grape)	\$3.00

DAILY SPECIALS ARE AVAILABLE

Check out
flexischools.com.au
for our delicious daily specials



☺ = Everyday foods

GF = gluten free

V = Vegetarian