



*Healthy Kids Cucina Canteen
Lidcombe Public School,
Autumn to Winter Menu*

Hot Food		
	Oven baked Potato Wedges	\$3.50
	Oven baked chicken and potato wedges	\$5.00
	Grilled chicken burger/ Wrap (Chicken breast, lettuce, cheese, tomato & low fat mayo) (HM)	\$5.00
	Oven baked nuggets (6)	\$3.50
	Pasta Bolognese (Spirals) (HM)	\$3.50
	Freshly made Mini Pizzas (HM) - Cheesy	\$3.00
	- Ham & Pineapple or Vegetarian	\$3.50
	Garlic Bread (roll)	\$2.00
	Kafta and Garlic Roll	\$3.50
	Corn Cob	\$1.00
	Noodle cups - Chicken or Beef	\$3.00
	Beef Nachos (HM)	\$5.00
	Chicken noodle soup	\$2.50
	Beef Burger (HM)	\$5.00
	Packaged Sauces - Tomato & BBQ (placed in lunch orders)	\$0.50c

Drinks		
	Bottled Water - 600mL	\$1.00
	Flavoured Milk (Chocolate or strawberry)	\$2.00
	Juice Box	\$1.50
	Up & Go (assorted flavours)	\$2.00

Cold Food & Super Healthy Salads		
	Rice paper rolls (1) (HM)	\$2.50
	Sushi (HM) - Tuna & Cucumber	\$3.00
	- Vegetarian	\$3.00
	Salad: without chicken -Garden Salad -Tabbouleh -Quinoa with chicken	\$5.00 \$6.00

Fresh Fruit Surprise		
	Fresh Fruit Salad - Container	\$2.50
	Seasonal fruit	\$1.00
Frozen Treats		
	Quelch sticks	\$1.00
	Zooper Doopers	\$1.00
	Paddle Pops	\$2.00
	TNT	\$1.00

Flash Brekky (8:30-8.45 am) Available everyday except Thursdays .		
	Assorted Cereals Cup	\$2.00
	Porridge	\$2.00
	Cheese Toastie	\$2.00
	Raisin Toast (1 Serve)	\$1.00
	Cheese and Bacon Rolls	\$2.50
	Hash browns	\$1.00
	Hot chocolate (served warm)	\$2.00

Healthy Super Sandwiches Wraps/rolls/super sandwiches (HM)	
Grilled Chicken wrap (lettuce, grated carrot, grated cheese)	\$5.00
Ham with cheese and tomato	\$3.50
Egg, Lettuce and Mayo	\$3.50
Chicken, lettuce and aioli	\$4.00
Cheese and tomato	\$2.80
Cheese	\$2.00
Tuna and tomato	\$3.50
Vegemite	\$2.00
Salad: Cheese, lettuce, tomato, carrot, beetroot, cucumber	\$3.50
Ham	\$2.00
Tuna, lettuce and light mayo	\$3.50
Chicken or ham salad	\$4.00
extras: Cheese, Tuna, Ham	.80c
-Lettuce, Tomato, Avocado, Beetroot, Carrot, Cucumber (no butter will be used, unless specified)	.50c
<i>*Gluten free bread options available upon request.</i>	

Snacks (available during break times)	
Pretzels	\$1.00
Plain popcorn	\$1.00
Flavoured Popcorn	\$1.50
Toasted Seaweed Snacks	\$1.00
Muffins (HM)	\$1.20
Muffins (Large)	\$2.00
Rice Snacks	.30c
Jelly Cups (HM)	\$1.00
Hummus with Veggie sticks	\$2.50
Banana Bread	\$2.00

Weekly Menu	
Monday	
Rice and Chicken (HM)	\$4.50
Tuesday	
Meat pie (Beef)	\$4.00
Wednesday	
Hot Dogs	\$3.00
Thursday	
Beef Lasagna (HM)	\$5.00
Friday- Super Winter Warmer	
Assorted warm soups (Pumpkin, Vegetable minestrone, Potato and Leek or Chicken & Corn) will be on sale to warm your tummies and satisfy your taste buds...	
Soup (HM)	\$3.00
- with a buttered roll	\$3.50

Key:
 Healthy rating scale: **Everyday**, **Occasional**
 HM : **Homemade**
No late orders turned away
No extra charge for utensils eg forks, spoons, straws
No extra charge for packaging.
**No extra charge for sauces served at the Canteen window-
 Tomato, BBQ, Sweet Chilli, Light Mayo**

The Canteen will be open from 8.30am... please see our friendly canteen staff for any assistance when completing lunch orders.
During 'breakfast time' only breakfast items will be sold.