

## PEAKHURST PUBLIC SCHOOL CANTEEN

(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)

### SUMMER MENU (TERM 1 & 4)

Everyday food & drinks - 3/4 of the menu is comprised of a range of these healthy foods & drinks from the five food groups or meals made from them.

Occasional foods & drink - Foods to eat sometimes & in small amounts - Only the healthiest choices with a health star rating of 3.5 stars and above and limited to no more than 1/4 of the menu.



Item	Cost	Rating
<b>BREAKFAST</b>		
TOAST WITH JAM (1 SLICE)	\$1.00	EVERYDAY
TOAST WITH VEGEMITE (1 SLICE)	\$1.00	EVERYDAY
RAISIN TOAST (1 SLICE)	\$1.00	EVERYDAY
TOASTED BREAKFAST WRAP - EGG, CHEESE, HAM	\$3.00	EVERYDAY
TOASTED BREAKFAST WRAP - EGG, CHEESE, TOMATO	\$3.00	EVERYDAY
FRUIT SALAD - SMALL	\$1.00	EVERYDAY
FRUIT SALAD - LARGE	\$2.00	EVERYDAY
FRUIT SALAD WITH YOGHURT - SMALL	\$1.50	EVERYDAY
FRUIT SALAD WITH YOGHURT - LARGE	\$2.50	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PLAIN - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PASSIONFRUIT - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MANGO - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MIXED BERRY - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PLAIN - LARGE	\$2.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PASSIONFRUIT - LARGE	\$2.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MANGO - LARGE	\$2.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MIXED BERRY - LARGE	\$2.00	EVERYDAY
MUESLI WITH YOGHURT	\$2.00	EVERYDAY
MUFFINS - FRUIT - HOMEMADE	\$1.00	EVERYDAY
PIKELETS - HOMEMADE	\$0.50	EVERYDAY
HOT CHOCOLATE	\$2.00	EVERYDAY
JUICE - 100% - ORANGE	\$2.00	EVERYDAY
JUICE - 100% - APPLE	\$2.00	EVERYDAY
MILK - 300ML - PLAIN	\$1.00	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE	\$2.00	EVERYDAY
MILK - 300ML - REDUCED FAT - STRAWBERRY	\$2.00	EVERYDAY
UP & GO - 250ML - CHOCOLATE	\$2.50	EVERYDAY
UP & GO - 250ML - STRAWBERRY	\$2.50	EVERYDAY
UP & GO - 250ML - VANILLA	\$2.50	EVERYDAY
<b>SNACKS</b>		
FRUIT SALAD - SMALL	\$1.00	EVERYDAY
FRUIT SALAD - LARGE	\$2.00	EVERYDAY
FRUIT SALAD WITH YOGHURT - SMALL	\$1.50	EVERYDAY
FRUIT SALAD WITH YOGHURT - LARGE	\$2.50	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PLAIN - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PASSIONFRUIT - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MANGO - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MIXED BERRY - SMALL	\$1.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PLAIN - LARGE	\$2.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - PASSIONFRUIT - LARGE	\$2.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MANGO - LARGE	\$2.00	EVERYDAY
YOGHURT - 100% NATURAL - GLUTEN FREE - MIXED BERRY - LARGE	\$2.00	EVERYDAY
WATERMELON CUP - SMALL	\$1.00	EVERYDAY
WATERMELON CUP - LARGE	\$2.00	EVERYDAY
VEGETABLE STICKS	\$1.00	EVERYDAY
VEGETABLE STICKS WITH DIP	\$1.50	EVERYDAY
VEGETABLE STICKS WITH LITE CHEESE & WHOLEMEAL CRACKERS	\$2.50	EVERYDAY
FRESH FRUIT - SEASONAL	\$1.00	EVERYDAY
SULTANAS	\$1.00	EVERYDAY
CHEESE STICKS	\$1.00	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN) - SMALL	\$0.50	EVERYDAY
RICE CRACKERS (WHOLEMEAL/PLAIN) - LARGE	\$1.00	EVERYDAY
RICE CRACKERS (WHOLE/PLAIN WITH LITE CHEESE)	\$1.00	EVERYDAY
PIKELETS - (HOMEMADE)	\$0.50	EVERYDAY
MUFFINS - (FRUIT - HOMEMADE)	\$1.00	EVERYDAY

POPCORN - PLAIN - SMALL	\$0.50	EVERYDAY
POPCORN - PLAIN - LARGE	\$1.00	EVERYDAY
SEAWEED	\$1.00	EVERYDAY
MESSY MONKEYS - BURGER FLAVOUR - WHOLEGRAIN BITES - GLUTEN FREE - 20G - 4 STAR RATING	\$1.50	OCCASIONAL
GRAIN WAVES - SOUR CREAM & CHIVES - 28G	\$2.00	OCCASIONAL
PRETZELS - 30G	\$2.00	OCCASIONAL
<b>COLD LUNCHESES</b> - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE)		
ROLLS	\$0.80	EVERYDAY
TURKISH BREAD	\$0.80	EVERYDAY
GLUTEN FREE BREAD	\$0.80	EVERYDAY
VEGEMITE	\$2.00	EVERYDAY
JAM	\$2.00	EVERYDAY
EGG	\$3.00	EVERYDAY
CHEESE (REDUCED FAT)	\$2.50	EVERYDAY
TUNA (SPRING WATER)	\$3.00	EVERYDAY
HAM (REDUCED FAT)	\$3.20	EVERYDAY
CHICKEN	\$4.00	EVERYDAY
SALAD	\$4.50	EVERYDAY
ADD ANY OF THE FOLLOWING - TOMATO, BEETROOT, CUCUMBER, CARROT, LETTUCE	\$0.40	EVERYDAY
CHEESE OR PINEAPPLE	\$0.50	EVERYDAY
<b>SALADS</b>		
GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, SPANISH ONION, OLIVES, FETA)	\$4.50	EVERYDAY
CAESAR SALAD - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE)	\$4.50	EVERYDAY
VIETNAMESE CHICKEN NOODLE SALAD - (CHICKEN, NOODLES, CABBAGE, CAPSICUM, CUCUMBER, CARROT)	\$4.50	EVERYDAY
FATTOUSH - (LEBANESE SALAD) LEBANESE BREAD, TOMATO CUCUMBER, CAPSICUM, RADDISH, ONION)	\$4.50	EVERYDAY
MIXED SALAD - (LETTUCE, CHERRY TOMATO, CARROT, CELERY, CUCUMBER, BEETROOT)	\$4.50	EVERYDAY
MIXED SALAD - ADD CHOICE OF EGG, LITE CHEESE, HAM, CHICKEN OR TUNA	\$1.00EA	EVERYDAY
<b>WRAPS</b>		
TURKEY WRAP - (TURKEY, AVOCADO, TOMATO, LETTUCE, CHEESE & RANCH DRESSING)	\$5.00	EVERYDAY
RAINBOW VEGGIE WRAP - (AVOCADO, EGG, CARROT, LETTUCE, TOMATO, CUCUMBER, CORN & LITE CHEESE)	\$5.00	EVERYDAY
CHICKEN CAESAR WRAP - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE & CAESAR DRESSING)	\$5.00	EVERYDAY
<b>SUSHI (TUESDAY ONLY)</b>		
CHICKEN TERIYAKI ROLL	\$3.50	EVERYDAY
TUNA ROLL	\$3.50	EVERYDAY
VEGETARIAN ROLL	\$3.50	EVERYDAY
CALIFORNIA ROLL	\$3.50	EVERYDAY
TUNA BOX - 8 PIECES	\$4.00	EVERYDAY
CUCUMBER BOX - 8 PIECES	\$4.00	EVERYDAY
<b>HOT FOOD</b>		
<b>MONDAY</b>		
CHICKEN SCHNITZEL ROLL - (HOMEMADE) WITH TOMATO, LETTUCE & MAYO	\$4.50	OCCASIONAL
SAN CHOY BOW - (HOMEMADE)	\$4.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$2.50	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.00	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.00	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
<b>TUESDAY</b>		
SUSHI	\$3.50/\$4.00	EVERYDAY
BUTTER CHICKEN WITH RICE - (HOMEMADE)	\$4.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$2.50	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.00	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.00	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
<b>WEDNESDAY</b>		
CRISPY CHICKEN STRIPS (HOMEMADE) WITH SWEET POTATO WEDGES	\$4.50	OCCASIONAL
PULLED PORK MINI TACO'S - (PORK, TOMATO, CUCUMBER, CABBAGE & REDUCE FAT SHREDDED CHEESE)	\$4.50	EVERYDAY
<b>THURSDAY</b>		
LAMB SOUVLAKI (WITH PITA BREAD, LEMON, SALAD & TZATZIKI)	\$5.00	EVERYDAY
RICE PAPER ROLLS + DIPPING SAUCE - (CHICKEN, NOODLES, LETTUCE, CARROT, CUCUMBER & SNOW PEA SPROUTS)	\$4.50	EVERYDAY
RICE PAPER ROLLS + DIPPING SAUCE - (AVOCADO, NOODLES, LETTUCE, CARROT, CUCUMBER & SNOW PEA SPROUTS)	\$4.50	EVERYDAY
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$2.50	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.00	EVERYDAY

HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.00	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
<b>FRIDAY</b>		
THIN & CRISPY PIZZA - HAM & CHEESE (HOMEMADE ON LEBANESE BREAD)	\$4.50	EVERYDAY
THIN & CRISPY PIZZA - VEGETARIAN (HOMEMADE ON LEBANESE BREAD)	\$4.50	EVERYDAY
FISH BURGER - WITH TOMATO, LETTUCE & TARTAR SAUCE	\$4.50	OCCASIONAL
HAM TOASTED SANDWICH	\$3.20	EVERYDAY
CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$2.50	EVERYDAY
HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT)	\$4.00	EVERYDAY
HAM, CHEESE & TOMATO TOASTED SANDWICH	\$4.00	EVERYDAY
HAM, CHEESE & PINEAPPLE TOASTED SANDWICH	\$4.00	EVERYDAY
BAKED BEAN TOASTED SANDWICH	\$3.00	EVERYDAY
BAKED BEAN & CHEESE TOASTED SANDWICH	\$3.50	EVERYDAY
<b>DRINKS</b>		
WATER - 300ML	\$0.50	EVERYDAY
WATER - 350ML	\$1.00	EVERYDAY
WATER - 600ML	\$2.00	EVERYDAY
LIGHTLY SPARKLING MINERAL WATER	\$2.00	EVERYDAY
LIGHTLY SPARKLING MINERAL WATER WITH A HINT OF LIME	\$2.00	EVERYDAY
LIGHTLY SPARKLING MINERAL WATER WITH A HINT OF LEMON	\$2.00	EVERYDAY
LIGHTLY SPARKLING MINERAL WATER WITH A HINT OF WILD BERRY	\$2.00	EVERYDAY
JUICE 100% - 250ML - ORANGE	\$2.00	EVERYDAY
JUICE 100% - 250ML - APPLE	\$2.00	EVERYDAY
MILK - 300ML - PLAIN	\$1.00	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE	\$2.00	EVERYDAY
MILK - 300ML - REDUCED FAT - STRAWBERRY	\$2.00	EVERYDAY
SLUSHIE - 99.9% FRUIT JUICE, NATURAL FLAVOURS & COLOURS, 99% FAT FREE, NO ADDED SUGAR)	\$2.00	EVERYDAY
<b>FROZEN ICE SNACKS</b>		
FROZEN ORANGE QUARTERS	\$0.30	EVERYDAY
FROZEN BANANA POPS	\$0.50	EVERYDAY
FROZEN WATERMELON POPS	\$0.50	EVERYDAY
FROZEN FRUIT KEBABS	\$0.50	EVERYDAY
FROZEN JUICE CUP - 99% JUICE - APPLE/BLACKCURRANT	\$1.00	EVERYDAY
FROZEN JUICE CUP - 99% JUICE - APPLE	\$1.00	EVERYDAY
FROZEN JUICE CUP - 99% JUICE - ORANGE	\$1.00	EVERYDAY
FROZEN JUICIES - WILDBERRY - 99% JUICE	\$1.00	EVERYDAY
QUELCH FRUIT ICE STICK - 99% JUICE	\$1.00	EVERYDAY
FROZEN JUICIES - WILDBERRY - 99% JUICE	\$1.00	EVERYDAY
FROZEN JUICIES - TROPICAL - 99% JUICE	\$1.00	EVERYDAY
SUNRAYSIA ORGANIC JUICE - APPLE & BLACKCURRANT - FROZEN	\$2.00	EVERYDAY
SUNRAYSIA ORGANIC JUICE - TROPICAL - FROZEN	\$2.00	EVERYDAY
SUNRAYSIA ORGANIC JUICE - ORANGE - FROZEN	\$2.00	EVERYDAY
FROZEN FRUIT YOGHURT 100G - STRAWBERRY	\$2.50	EVERYDAY
FROZEN FRUIT YOGHURT 100G - MANGO	\$2.50	EVERYDAY