

- occasional foods
- ✓ everyday foods



# Hay Public School Healthy Canteen



SANDWICHES			SPECIAL HOT FOOD DAYS			SNACKS/RECESS		
✓	Vegemite	\$2.00	<b>MONDAYS ONLY</b>			◦	Cookies (homemade)	50c
✓	Cheese	\$3.00	◦	Hot Dogs	\$3.50	◦	Brownies (homemade)	\$1.00
✓	Vegemite & Cheese	\$3.00				◦	Cup Cakes (homemade)	\$1.00
✓	Ham	\$3.50	<b>TUESDAYS ONLY</b>			◦	Chips: Red Rock Sea Salt	\$1.50
✓	Ham & Cheese	\$4.00	◦	Goujons (5)	\$5.00	✓	Grain Waves	\$1.50
✓	Ham, Cheese & Tomato	\$5.00	◦	Dinosaurs (5)	\$5.00	✓	Hot cheese roll	\$2.00
✓	Ham & All Salad	\$6.50	<b>WEDNESDAYS ONLY</b>			✓	Jelly Cup	50c
✓	Egg	\$3.50	◦	Mini Pizza ham and cheese or ham & pineapple	\$3.00	✓	FRUIT BREAK seasonal fruit	\$1.00
✓	Egg & Lettuce	\$4.00	<b>THURSDAYS ONLY</b>			<b>FROZEN ITEMS</b>		
✓	Fresh chicken	\$4.00	✓	WRAPS: chicken, lettuce, & mayonnaise	\$5.00	✓	Juicies TUBES Lemonade, Tropical, Berry	\$1.50
✓	Chicken & Cheese	\$5.00	✓	WRAPS: chicken salad & mayonnaise	\$6.50	◦	Moosies frozen milk Blue Moon OR Chocolate	\$1.50
✓	Chicken, Cheese & Lettuce	\$5.50	<b>FRIDAYS ONLY</b>			◦	Dixie Cups	\$1.50
✓	Chicken & All Salad	\$6.50	◦	Chicken Burger with salad, cheese & mayonnaise	\$5.50	<b>BIRTHDAY CUP-CAKES</b>		
<b>TOASTIES</b>			<b>HOT FOOD – AVAILABLE EVERYDAY</b>			* please notify the canteen no less than 48 hours prior to your child's birthday		\$30
✓	Cheese	\$3.00	✓	Spaghetti Bolognese (homemade)	\$5.50	* cupcakes are delivered to the classroom		
✓	Ham	\$3.50	◦	Garlic Bread	\$3.00	<b>DRINKS</b>		
✓	Ham & Cheese	\$4.00	◦	Mrs Mac's Party Pies (each)	\$1.00	✓	Slushie	\$1.00 small \$2.00 large
✓	Ham, Cheese & Tomato	\$5.50	◦	Mrs Mac's pie	\$4.00	✓	Bottled Water	\$1.00
✓	Chicken and Cheese	\$5.50	✓	Steamed Dim Sims (each)	\$1.00	✓	Big M 300ml chocolate OR strawberry	\$2.00
✓	Bolognese (home made)	\$5.50	◦	Sausage roll	\$3.00	✓	Big M 300ml	\$2.00
			◦	Curried Chicken & noodles (Winter Only)	\$5.50	✓	Berri Juices 250ml Apple, Orange, Blackcurrant	\$2.00
			✓	Homemade Soup (Winter Only)	\$5.00			

Helpers in the Canteen are greatly appreciated! Please call the canteen supervisor, Gwenda Bush on 02 6993 1270