



THE HEALTHY HUT AT ST FINBAR'S

(Prices valid from 1st February 2017)

School is an important place where children learn and develop regular, healthy eating and physical activity routines.

My name is Anna Tornese; I run the school canteen at St Finbar's. My aim is to introduce a variety of healthy options. Food at the canteen will be mostly homemade and carefully selected.

My menu will be set up as follows:

- * Normal font: Every day foods
- * **Bold font**: These foods should be selected carefully

(They contain some valuable nutrients)

The Healthy Hut is open every:

MONDAY, TUESDAY, THURSDAY and FRIDAY

No over the counter sales on Tuesday

Please provide correct money in orders.

Any change over **\$2** to be collected by students at the Tuck shop.

Thank you and please don't hesitate to call if anyone has any questions or feedback.

Kind regards
Anna Tornese
0450 079 313



SANDWICHES/WRAPPS

**WHOLEMEAL OR
MULTI GRAIN
GF AVAILABLE**

FILLINGS butter request only

Vegemite

Cheese

Cream Cheese

Avocado

Egg & lettuce & mayo

Poached Chicken with mayo & lettuce

Homemade Chicken schnitzel with mayo & lettuce

Char grilled Sweet Chilli Chicken (new) with lettuce & tomato

Chicken & Salad

Chicken & Avocado

Ham

Salad with Carrot, Cucumber, Lettuce & Tomato



\$1.50

\$2.50

\$2.50

\$3.00

\$4.20

\$4.70

\$4.70

\$5.00

\$5.00

\$5.00

\$3.00

\$3.00

Mini Turkish rolls

Homemade Chicken Schnitzel with lettuce & mayo

Poached Chicken with lettuce & mayo

Sweet Chilli Chicken with mayo & lettuce

Beef 100% burger with cheese lettuce & sauce

\$3.50

\$3.50

\$3.50

\$3.50

EXTRA'S

MAYO / PARMESAN/ SWEET CHILLI

Cheese

Avocado

Salad

Beetroot-fresh, Carrot, Cucumber, Lettuce, Pineapple & Tomato

\$0.20

\$0.50

\$1.00

\$1.00

\$0.50 each

Toasties

Cheese

Ham & cheese

Cheese & Tomato

Ham, cheese & tomato

Ham, cheese & pineapple

Cheese & Chicken

\$2.50

\$3.50

\$3.00

\$4.00

\$4.00

\$4.50

Salads

Lettuce, snowpeas, carrot, tomato, corn & cucumber
with balsamic dressing 500 ml

With Chicken

\$3.50

\$5.00

Healthy Snacks

Corn cob

Googie egg

Cheese & crackers

Tzatziki dip with carrot sticks & crackers

\$1.00

\$1.00

\$2.00

\$3.00

Pasta

Pasta Bolognese 500 ml	\$4.00
Pasta Napoli 500ml	\$4.00
Mini pasta 280ml	\$3.00
Gluten free Bolognese 500ml	\$4.50
Gluten free Napoli 500ml	\$4.50
Gluten free Mini 280 ml	\$3.50

Pizza

Margherita	\$3 per half slice
Ham & Pineapple	\$3 per half slice
Herb & cheese	\$3 per half slice
Ham & olives	\$3 per half slice

Chicken bites	\$3.00
Chicken bites & Corn cob (new)	\$4.00
Chicken bites & Salad	\$4.50

WEEKDAY SPECIALS ~ Only available on the relevant days as listed**MONDAY**

Hot dog	\$4.00
Twirly Mac & Cheese (new)	\$4.00

Tuesday

Party pie OR Sausage roll	\$1.00 each
Party pie and Sausage roll x 3 & drink	\$4.00
Nachos with Cheese, Sauce, Avocado & Sour Cream (GF)	\$4.50

THURSDAY

Arancini (GF)	\$2.50
Spaghetti & Meat balls (new)	\$4.00

FRIDAY

Fried Rice (GF)	\$3.50
Thai chicken Patties With salad & sweet chilli sauce on side (GF)	\$4.50
Sweet Chilli chicken & lettuce wrap & drink (new)	\$5.00

Drinks

Flavoured milk 250 ml strawberry or chocolate	\$2.00
Juice ~ apple, apple-blackcurrant, apple-mango orange, orange - passionfruit	\$2.00
Water 600 ml	\$1.50

These Items will be supplied in lunch orders.

Homemade muffins-raspberry & white choc or choc chip	\$2.00
Fruit salad	\$3.00
Jelly & fruit	\$2.00
Cobbs popcorn- sea salt or lightly salted,slightly sweet	\$1.20

These Snack Items are not to be requested in Lunch orders.

Over counter only

Mini Moo	\$0.20
Teddy biscuit limit 2	\$0.20
Juicy pop	\$0.50
Brownie limit (1 per sale)	\$1.00
1/2 scone with Jam& Cream	\$0.50
Mini Muffins (assorted of the day)	\$1.00
Ovalteenies	\$0.80
Lemonade icy poles	\$1.00
Paddle pops	\$1.30
Choc mousse 200ml	\$1.50
Hot choc -term 2 & 3	\$2.00

**SOME INTERESTING FACTS ABOUT THE FOOD
SERVED FROM THE HEALTHY HUT.**

Sandwiches: Helga's bread (low sugar): wholemeal or multigrain (white bread by request only)

Free-range chicken from Vic market used for poached chicken & schnitzels (coated in homemade breadcrumbs)

Fresh pineapple in toasties (not canned)

Veggies & Fruit from Vic market, Coles and local market

Eggs are free-range

Dips all home made (no preservatives, no sugar)

Bolognese: home made using passata, veggies & grass-fed beef from Vic market

Pizza: bought bases, with homemade toppings

Chicken bites: oven baked, not deep fried

Nachos: homemade guacamole, homemade Napoli, Mission corn chips

Burger 100% grass fed beef

Arancini: homemade risotto with cheese and beef

Fried Rice: Gluten-free.

Thai patties: free-range chicken mince, coriander, spring onion, GF rice crumbs, egg

Muffins homemade using free range eggs ,buttermilk, low sugar

Juicy Pop: frozen fruit juice (no added sugar)

Brownie: Homemade, small portions low sugar with dark chocolate & cocoa

Scone and cream: no added sugar

Mini moos are simply plain milk frozen



**CATERING IS ALSO AVAILABLE
ALL HOMEMADE
FOR ANY QUERIES PLEASE CALL
ANNA TORNESE ON 0450 079 313**

