

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:

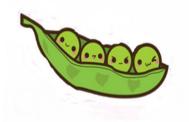
MONDAY, TUESDAY, THURSDAY and FRIDAY No over the counter sales on Tuesday

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/WRAPS

WHOLEMEAL OR MULTI GRAIN GF AVAILABLE

FILLINGS butter request only	¢1 F0
Vegemite Cheese	\$1.50 \$2.50
	\$2.50
Cream Cheese	\$2.50 \$2.00
Avocado	\$3.00
Egg & lettuce & mayo	\$4.20 \$4.70
Poached Chicken with mayo & lettuce	\$4.70
Homemade Chicken schnitzel with mayo & lettuce	\$4.70
Char grilled Sweet Chilli Chicken (new) with lettuce & tomato	\$5.00
Chicken & Salad	\$5.00
Chicken & Avocado	\$5.00
Ham	\$3.00
Salad with Carrot, Cucumber, Lettuce & Tomato	\$3.00
Mini Turkish rolls	
Homemade Chicken Schnitzel with lettuce & mayo	\$3.50
Poached Chicken with lettuce & mayo	\$3.50
Sweet Chilli Chicken with mayo & lettuce	\$3.50
Beef 100% burger with cheese lettuce & sauce	\$3.50
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EXTRA'S	
MAYO / PARMESEN/ SWEET CHILLI	\$0.20
Cheese	\$0.50
Avocado	\$1.00
Salad	\$1.00
Beetroot-fresh, Carrot, Cucumber, Lettuce, Pineapple & Tomato	\$0.50 each
Toasties	
Cheese	\$2.50
Ham & cheese	\$3.50
Cheese & Tomato	\$3.00
Ham, cheese & tomato	\$3.00
•	\$4.00
Ham, cheese & pineapple	
Cheese & Chicken	\$4.50
Salads	
Lettuce, snowpeas, carrot, tomato, corn & cucumber	
with balsamic dressing 500 ml	\$3.50
With Chicken	\$5.00
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Healthy Snacks	
Corn cob	\$1.00
Googie egg	\$1.00
Cheese & crackers	\$2.00
Tzatziki dip with carrot sticks & crackers	\$3.00

Pasta Pasta Bolognese 500 ml Pasta Napoli 500ml Mini pasta 280ml Gluten free Bolognese 500ml Gluten free Napoli 500ml Gluten free Mini 280 ml	\$4.00 \$4.00 \$3.00 \$4.50 \$4.50 \$3.50
Pizza Margherita Ham & Pineapple Herb & cheese Ham & olives	\$3 per half slice \$3 per half slice \$3 per half slice \$3 per half slice
Chicken bites Chicken bites & Corn cob (new) Chicken bites & Salad	\$3.00 \$4.00 \$4.50
WEEKDAY SPECIALS ~ Only available on the relevant days as	s listed
MONDAY Hot dog	\$4.00
Twirly Mac & Cheese (new)	\$4.00
Tuesday Party pie OR Sausage roll Party pie and Sausage roll x 3 & drink Nachos with Cheese, Sauce, Avocado & Sour Cream (GF)	\$1.00 each \$4.00 \$4.50
THURSDAY Arancini (GF) Spaghetti & Meat balls (new)	\$2.50 \$4.00
FRIDAY Fried Rice (GF) Thai chicken Patties With salad & sweet chilli sauce on side (GF) Sweet Chilli chicken & lettuce wrap & drink (new)	\$3.50 \$4.50 \$5.00
Drinks Flavoured milk 250 ml strawberry or chocolate Juice ~ apple, apple-blackcurrant, apple-mango orange, orange - passionfruit Water 600 ml	\$2.00 \$2.00 \$1.50
These Items will be supplied in lunch orders. Homemade muffins- raspberry & white choc or choc chip Fruit salad Jelly & fruit Cobbs popcorn- sea salt or lightly salted,slightly sweet	\$2.00 \$3.00 \$2.00 \$1.20

These Snack Items are not to be requested in Lunch orders.
Over counter only
Mini Moo
Teddy biscuit limit 2
Juicy pop
Brownie limit (1 per sale)
1/2 scone with Jam& Cream
Mini Muffins (assorted of the day)
Ovalteenies
Lemonade icy poles
Paddle pops
Choc mousse 200ml
Hot choc -term 2 & 3

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





\$0.20 \$0.20 \$0.50 \$1.00 \$0.50 \$1.00 \$0.80 \$1.00 \$1.30 \$1.50 \$2.00