

## THE HEALTHY HUT AT ST FINBAR'S

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**

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

Kind regards  
**Anna Tornese**  
**0450 079 313**



## **SANDWICHES/ROLLS /WRAPS**

### **Wholemeal/ Multi Grain /Rye & White Wraps**

**FILLINGS** butter request only

#### **Vegemite**

Cream Cheese

Cheese

Avocado

Egg

Poached Chicken

Homemade Chicken schnitzel

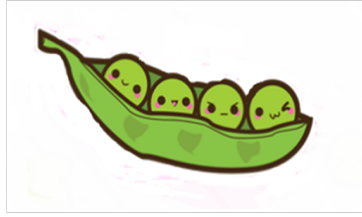
Sweet Chilli Chicken

Chicken with Carrot ,Lettuce & Cucumber

Chicken & Avocado

#### **Ham**

Salad with Carrot, Cucumber, Lettuce & Tomato



## **MINI TURKISH ROLLS \$4**

Homemade Crispy Chicken tenderloin with lettuce

Poached Chicken with lettuce

Sweet Chilli Chicken with lettuce

Beef 100% burger with cheese lettuce

## **EXTRA'S**

Avocado

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

butter

Cheese

Mayo

Mixed Salad

Pineapple

Sweet Chilli

Tomato Sauce

## **TOASTIES**

Cheese

**Ham** & cheese

Cheese & Tomato

**Ham**, cheese & tomato

**Ham**, cheese & pineapple

Cheese & Chicken

## **SALADS**

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

With Chicken

Caesar Salad

## **HEALTHY SNACKS**

Banana Bread Mini GF

Cacao & coconut balls

Cheese & crackers

Fresh corn cob

Googie Egg

Fresh popcorn

Tzatziki or Avocado dip with carrot sticks & crackers

## **PASTA**

Gluten Free Bolognese

Gluten free Mini 280 ml

Gluten free Napoli 500ml

Mini pasta 280ml

Pasta Bolognese

Pasta Napoli 500 ml

Plain Pasta

Plain Pasta GF

add Butter/ Cream/Olive oil

Parmasen

## **Weekly Specials**

### **MONDAY**

#### **Hot dog**

Nachos with Cheese

add sour cream 40 c/Avocado \$1/Napoli 20 c/Chicken \$2

### **TUESDAY**

Spaghetti & Meatballs

Ravioli Napoli

Twirly Mac & Cheese

### **THURSDAY**

Arancini (GF) MINI

Pizza

Margherita/Ham & Pineapple/Herb & Cheese/Ham & Olives

### **FRIDAY**

Fried Rice (GF)

Thai chicken Patties With salad & sweet chilli sauce on side (GF)

## **DRINKS**

Flavoured milk 250 ml strawberry or chocolate

**Juice ~**

Apple/ Apple-Blackcurrant,/ Apple-Mango/Orange

Orange - passionfruit

Water 600 ml

## **SNACKS**

**Chicken Bites**

**Choc Mousse**

Fruit salad

**Homemade Muffins-**

**Jelly & fruit**

**Ovalteenies**

**Party Pies & Sausage Rolls**

## **DINNER FOR YOU**

**PLEASE CHECK ONLINE MENU ITEMS WILL BE UPDATED WEEKLY**

HOME MADE BOLOGNESE SAUCE

HOMEMADE CURRY PUFFS

HOMEMADE GNOCCHI

LASANGNA VEG OR BEEF FOR 4-6

MAC & CHEESE

MEATBALLS

SALADS 1 L

HOMEMADE MUFFINS (6)

**PICK UP AT THE CANTEEN ON TUESDAY 3:30 PM**

**SOME INTERESTING FACTS ABOUT  
SERVED FROM THE HEART**



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

Fresh pineapple in toasties (not canned)

Eggs are free-range

Dips all home made (no preservatives, no sugar)

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

Chicken bites: oven baked, not deep fried

Nachos: homemade guacamole, homemade Napoli,

Burger 100% grass fed beef

Fried Rice: Gluten-free.

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

Juicy Pop: frozen fruit juice (no added sugar)

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

Scone and cream: no added sugar

Bliss Balls are made with oats,coconut,coconut oil sunflower seeds,cocoa dates and a little honey