



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: Everyday 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/ MultiGrain / 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 ROLLS

Crispy Chicken tenderloin 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 OR HAM OR CRISPY CHICKEN TENDERLOIN

HEALTHY SNACKS

Banana Bread Mini GF
Cacao & coconut balls
Cheese & crackers
Fresh corn cob
Googgie Egg
Fresh popcorn
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
Pesto
Plain Pasta
Plain Pasta GF
add Butter/ Cream/Olive oil
Parmesan

Weekly Specials

PLEASE CHECK ONLINE

DRINKS

Flavored milk -strawberry or chocolate
Juice ~
Apple/ Apple-Blackcurrant,/ orange
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

HOMEMADE BOLOGNESE SAUCE

HOMEMADE CURRY PUFFS

HOMEMADE GNOCCHI

LASAGNA 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 THE FOOD SERVED FROM THE HEALTHY HUT.

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

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,

Juicy Pop: frozen fruit juice (no added sugar)

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

Scone and cream: no added sugar

Bliss Balls are made with oats,coconut,coconut oil ,cacao dates and a little Maple

Muffins made fresh daily