

# ERINA HEIGHTS PUBLIC SCHOOL



**HM = Homemade**

## DAILY RECESS

Seasonal fruit cups (HM)	\$1.00
Garlic bread (HM)	\$1.20
McCains seasoned wedges	\$1.00
Pikelets with honey (HM)	\$1.00
Lebanese bread toasted ham and cheese wraps (HM)	\$1.00
McCains oval hash browns	\$1.00
Alternate snack popcorn	\$1.00
Grainwaves	\$1.50
Hummus & carrot sticks (HM)	\$1.00
Rick crackers (pack of 4)	.20c
Hot cheese rolls (HM)	\$1.00
Veg/ham & cheese fritter squares (HM)	\$1.00

## HOT FOOD EVERYDAY

Egg & bacon roll (HM)	\$3.50
Egg roll (HM)	\$3.00
Steggles chicken goujons fingers	\$1.50
Steggles chicken breast nuggets	.60c
Cheese pizza (HM)	\$3.00
Ham and cheese pizza (HM)	\$3.50
Hawaiian pizza (HM)	\$3.50
BBQ meatlovers pizza (HM)	\$3.50
Lasagne	\$3.50
Butter chicken & rice	\$3.50
Corn cup (HM)	\$2.00
Fried rice (HM)	\$3.50
Fried rice with chicken (HM)	\$4.30
Tomato penne pasta (HM)	\$5.50

## LUNCH MENU - sandwiches / rolls wraps / wholemeal only

Vegemite	\$1.50
Cheese	\$1.50
Ham/tuna/egg	\$2.50
Breast chicken	\$2.50
Salad - tomato, lettuce, cucumber, carrot, beetroot (HM)	\$3.00
Hawaiian wrap - ham, fresh pineapple, cheese (HM)	\$4.50
Asian wrap - breast chicken, tomato, cucumber, teriyaki sauce (HM)	\$4.50
Mexican wrap - refried beans, tomato salsa, cheese (HM)	\$4.50

## TOASTIES

Cheese	\$2.50
Ham, cheese	\$3.50
Ham, cheese, tomato	\$4.00

## FRESH PREPARED SALADS

Garden salad - lettuce, cucumber, tomato, beetroot, carrot (HM)	\$3.50
Greek Salad - lettuce, olives, onion, cucumber, feta (HM)	\$3.50
Caesar salad - cos lettuce, egg, parmesan, croutons, dressing (HM)	\$4.00
Caesar salad - add chicken (HM)	\$5.00
Fruit salad, seasonal (HM)	\$3.00
Mini fruit salad, seasonal (HM)	\$1.00

## DRINKS & FROZEN TREATS

Flavoured milk 300ml - chocolate/strawberry	\$2.20
Just Juice popper 200ml - paradise punch, apple, blackcurrant	\$1.50
Water bottle 600ml	\$2.00
Macquarie Valley Juice 200ml - orange/apple	\$2.00
Cup fresh milk 200ml	\$1.00
Hot chocolate 200ml	\$1.00
Chill J Mineral Water 250ml - orange/blackcurrant	\$2.20

## FROZEN SNACKS

TNT - blue raspberry/raspberry	\$1.00
Bevco Juice cups apple/blackcurrant/orange	\$1.00
Everest low fat ice cream cups	\$1.50
Moosies - chocolate/blue moon	\$1.50
Quelch sticks - variety	\$1.00
Juice tubes -tropical/wild berry	\$1.00

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## WEDNESDAY ONLY

Beef nachos (HM) corn chips, beef, beans, salsa, cheese	\$4.50
Nachos vegetanos (HM) corn chips, beans, salsa, cheese	\$4.50

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## THURSDAY ONLY

Lentil burger (HM) lettuce, chilli sauce	\$4.50
Chicken burger - grilled breast chicken, lettuce, mayo	\$4.50
Beef burger (HM) lettuce, cheese, tomato sauce	\$4.50
Add any salad	.30c

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## FRIDAY ONLY

Sportsman lean sausage roll	\$3.00
Sportsman lean low fat pie	\$3.50
Good tucker yummy spinach & ricotta	\$3.00
Mini salad - lettuce, tomato, cucumber, carrot	\$2.00
Tomato sauce	.30c

