



HAMPDEN PARK PUBLIC SCHOOL CANTEEN MENU

LUNCH ORDERS AND ONLINE ORDERS NEED TO BE PLACED BEFORE 9AM. DAILY SPECIALS, FRIED RICE AND CHICKEN BURGERS AVAILABLE TO BUY DURING BREAK 1 AND 2.

✓ = VEGETARIAN



BREAKFAST 8:30AM - 8:55AM

| | |
|----------------------------|--------|
| ½ CHEESE TOASTIE | \$1.00 |
| MINI PIZZAS | |
| CHEESE ✓, MEAT OR ZAATAR ✓ | \$2.00 |

DRINKS AND FROZEN ITEMS

| | |
|---|--------|
| 99% FRUIT JUICE POPPERS | \$2.00 |
| 300ML OAK LIGHT FLAVOURED MILK | \$2.50 |
| 600ML WATER | \$2.00 |
| 250ML JUICE BOMB SPARKLING FRUIT JUICE | \$2.50 |
| QUELCH ICE BLOCK | \$1.00 |
| JUICIES TUBE ICE BLOCK | \$1.50 |
| MOOSIES MILK FREEZE | \$1.50 |
| FRESHLY SQUEEZED JUICE ORANGE OR WATERMELON | \$5.00 |

HOT FOOD LUNCH ORDERS ONLY

| | |
|-------------------------------|-------------------------|
| FULL TOASTIE ✓ | \$2.00/ \$2.50 |
| CHEESE/ CHEESE & TOMATO | |
| BAKED CHICKEN BREAST NUGGETS | 80C EACH |
| - SAUCE OF CHOICE | 50C |
| FRIED RICE ✓ Small | \$5.00 |
| GRILLED BEEF BURGER | \$6.00 |
| LETTUCE, TOMATO, TOMATO SAUCE | |
| CHEESE BURGER | HALF \$2.50 FULL \$5.00 |

DAILY SPECIALS

MONDAY

| | SMALL | LARGE |
|-------------------------|-----------|--------|
| BAKED CHICKEN DRUMETTES | \$1.00 EA | |
| KEFTA | | 50C EA |
| CHICKPEA SALAD ✓ | \$5.00 | \$7.00 |
| LASAGNE | \$4.00 | |

TUESDAY

| | SMALL | LARGE |
|------------------------------|--------|--------|
| CHICKEN HOKKEIN NOODLES | \$5.00 | \$7.00 |
| CHEESE AND SPINACH GOZLEME ✓ | | \$6.00 |

WEDNESDAY

| | SMALL | LARGE |
|---------------------|--------------------|--------|
| LENTIL RICE ✓ | \$5.00 | \$7.00 |
| FATTOUSH SALAD ✓ | \$5.00 | \$7.00 |
| SUSHI | | \$4.00 |
| • Teriyaki Chicken | • Tuna and Avocado | |
| • Tuna and Cucumber | • Cucumber Only ✓ | |

THURSDAY

| | SMALL | LARGE |
|-------------------------|--------|--------|
| BUTTER CHICKEN AND RICE | \$5.00 | \$7.00 |

FRIDAY

| | SMALL | LARGE |
|---------------------------|--------|--------|
| PASTA IN NAPOLITANA SAUCE | \$5.00 | \$7.00 |
| BBQ CHICKEN PIZZA | | \$5.00 |
| VEGETARIAN PIZZA | | \$5.00 |

COLD FOODS (LUNCH ORDERS ONLY)

WRAPS OR SANDWICHES ON WHOLEMEAL BREAD

GLUTEN FREE SANDWICH/ WRAP \$1.00 EXTRA

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|---|-------------------------|
| • TUNA | \$5.00 |
| LETTUCE, LIGHT MAYO | |
| • CURRIED EGGS | \$6.00 |
| MIXED LEAF LETTUCE, LIGHT MAYO | |
| • SALAD ✓ | \$6.00 |
| LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT | |
| • FALAFEL ✓ | \$6.00 |
| LETTUCE, TOMATO, TAHINI SAUCE | |
| • GRILLED CHICKEN BREAST | \$6.00 |
| LETTUCE, LIGHT MAYO | |
| • KEFTA - LETTUCE, HOMMUS | \$6.00 |
| • FRUIT SALAD | \$7.00 |
| AVAILABLE TERM 1 AND 4 ONLY | |
| • GREEK SALAD LARGE | \$7.00 |
| • ADD GRILLED CHICKEN BREAST | \$4.00 |
| • GRILLED CHICKEN BREAST BURGER | HALF \$2.50 FULL \$5.00 |

SNACKS, RECESS AND LUNCH

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|--|--------|
| HOMMUS + 1 SIDE | \$4.00 |
| Carrot, Cucumber, Crackers | |
| EACH ADDITIONAL SIDE | \$1.00 |
| SEASONAL FRUIT | \$1.00 |
| Slice of Watermelon, Apple, Mandarin | |
| MESSY MONKEYS POPCORN | \$1.50 |
| Salted, Sweet and Salty | |
| MESSY MONKEYS BITES | \$1.50 |
| Chicken, Burger or Cheese | |
| MINI CORN COB | \$1.00 |
| MINI PIZZAS - CHEESE ✓, MEAT OR ZATAAR ✓ | \$2.00 |
| MINI HOMEMADE MUFFINS | \$1.50 |
| Banana or Blueberry | |