



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

| | |
|--|----------------|
| CORNFLAKES ✓ | \$1.00 |
| FLAVOURED YOGHURT WITH FRUIT OR MUESLI ✓ | \$1.00 |
| ½ CHEESE TOASTIE/ CHEESE & TOMATO ✓ | \$1.00/ \$1.20 |
| MINI PIZZAS CHEESE ✓, MEAT OR ZATAAR ✓ | \$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 |

HOT FOOD LUNCH ORDERS ONLY

| | |
|---|-----------------|
| FULL TOASTIE ✓ CHEESE/ CHEESE & TOMATO | \$2.00/ \$2.50 |
| BAKED CHICKEN BREAST NUGGETS - SAUCE OF CHOICE | 80C EACH 20C |
| FRIED RICE ✓ | \$3.00 |

DAILY SPECIALS

MONDAY

| | |
|-------------------------|-------------|
| BAKED CHICKEN DRUMETTES | \$1.00 EACH |
| KEFTA | 50C EACH |
| CHICKPEA SALAD ✓ | \$4.00 |

TUESDAY

| | SMALL | LARGE |
|-------------------------|--------|--------|
| CHICKEN HOKKEIN NOODLES | \$3.00 | \$5.00 |

WEDNESDAY

| | |
|---------------------|--------------------|
| LENTIL RICE ✓ | \$3.00 |
| FATTOUSH SALAD ✓ | \$5.00 |
| SUSHI | \$3.50 |
| • Teriyaki Chicken | • Tuna and Avocado |
| • Tuna and Cucumber | • Cucumber Only ✓ |

THURSDAY

| | SMALL | LARGE |
|-------------------------|--------|--------|
| BUTTER CHICKEN AND RICE | \$4.00 | \$6.00 |

FRIDAY

| | SMALL | LARGE |
|---------------------------|--------|--------|
| PASTA IN NAPOLITANA SAUCE | \$3.00 | \$5.00 |

COLD FOODS (LUNCH ORDERS ONLY)

WRAPS OR SANDWICHES ON WHOLEMEAL BREAD

GLUTEN FREE SANDWICH/ WRAP \$1.00 EXTRA

| | |
|---|----------------------------|
| • TUNA LETTUCE, LIGHT MAYO | \$4.50 |
| • CURRIED EGGS MIXED LEAF LETTUCE, LIGHT MAYO | \$4.50 |
| • SALAD ✓ LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT | \$4.50 |
| • FALAFEL ✓ LETTUCE, TOMATO, TAHINI SAUCE | \$5.00 |
| • GRILLED CHICKEN BREAST LETTUCE, LIGHT MAYO | \$5.00 |
| • KEFTA - LETTUCE, HOMOUS | \$5.00 |
| • FRUIT SALAD AVAILABLE TERM 1 AND 4 ONLY | \$5.00 |
| • GREEK SALAD | \$5.00 |
| • ADD GRILLED CHICKEN BREAST OR GRILLED HOKI FISH FILLET | \$4.00 |
| • GRILLED CHICKEN BREAST BURGER | HALF \$2.50 FULL \$5.00 |

SNACKS, RECESS AND LUNCH

| | |
|--|--------|
| HOMMUS + 1 SIDE Carrot, Cucumber, Crackers | \$2.50 |
| EACH ADDITIONAL SIDE | 50C |
| SEASONAL FRUIT Slice of Watermelon, Apple, Mandarin | \$1.00 |
| MESSY MONKEYS POPCORN Salted, Sweet and Salty | \$1.50 |
| MESSY MONKEYS BITES Chicken, Burger and Cheese | \$1.50 |
| MINI CORN COB | \$1.00 |
| MINI PIZZAS - CHEESE ✓, MEAT OR ZATAAR ✓ | \$2.00 |
| MINI HOMEMADE MUFFINS Banana or Blueberry | \$1.00 |

Spriggy Schools

The canteen has partnered with Spriggy Schools for online lunch orders!

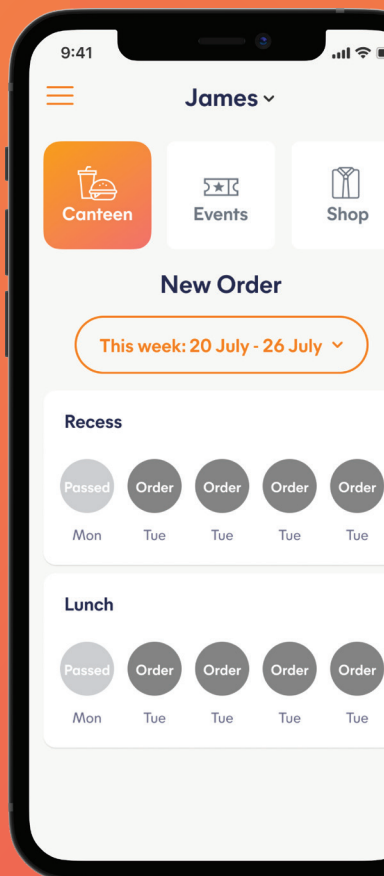
Creating your account

- Download the app
- Register your details
- Create a profile for each child

Placing your first order

- View the canteen menu on the home screen
- Browse the menu and tap 'Add to Cart' on any item
- Go to cart and tap 'Place Order' to confirm
- You can edit or cancel your order before the cut-off time

Download the app now!



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BIRTHDAY BUCKETS

Looking for a fun and easy way for your child to celebrate his/her birthday? Look no further! Introducing our birthday buckets. Order the required quantity of ice blocks and they will be picked up and taken to the classroom at break 2, complete with a birthday balloon and canteen voucher for the birthday child.

There are 3 ways to order:

- Complete this order form, with **correct** money and place in Hampden Rd school mailbox. Envelope labelled with "Canteen". Forms available at the office.
- Email your order to hayat_diab@live.com.au, bank deposit accepted or eftpos available (20c surcharge).
- Order online through our lunch online ordering service, Spriggy schools.

Please allow 5 days notice to ensure chosen ice blocks are available on the day.

Sorry no late orders will be accepted.

Quelch



Juicies



Moosies



Quelch stick birthday bucket - includes a quelch stick for each child, birthday balloon and \$2 canteen voucher for the birthday child.

Juicies birthday bucket - includes a juicie ice block for each child, birthday balloon and \$2.50 canteen voucher for the birthday child.

Moosies birthday bucket - includes a moosie for each child, birthday balloon and \$2.50 canteen voucher for the birthday child.

Order Form

Child's name: _____ Class: _____ Date required: _____

Quelch stick bucket: Quantity _____ x \$1.00 per iceblock = \$ _____ total

Juicies bucket: Quantity _____ x \$1.50 per iceblock = \$ _____ total

Moosies bucket: Quantity _____ x \$1.50 per iceblock = \$ _____ total