



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
½ CHEESE TOASTIE	\$1.00
MINI PIZZAS	\$2.00
CHEESE ✓, MEAT OR ZATAAR ✓	

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	\$4.00
GRILLED BEEF BURGER	\$5.00 \$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 ✓	\$4.00	\$6.00
LASAGNE	\$4.00	

TUESDAY

	SMALL	LARGE
CHICKEN HOKKEIN NOODLES	\$4.00	\$6.00
CHEESE AND SPINACH GOZLEME ✓		\$6.00

WEDNESDAY

	SMALL	LARGE
LENTIL RICE ✓	\$4.00	\$6.00
FATTOUSH SALAD ✓	\$4.00	\$6.00
SUSHI		\$4.00
• 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	\$4.00	\$6.00
BBQ CHICKEN PIZZA	\$5.00 \$6.00	
VEGETERIAN PIZZA	\$5.00 \$6.00	

COLD FOODS (LUNCH ORDERS ONLY)

WRAPS OR SANDWICHES ON WHOLEMEAL BREAD

GLUTEN FREE SANDWICH/ WRAP \$1.00 EXTRA

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

SNACKS, RECESS AND LUNCH

HOMMUS + 1 SIDE Carrot, Cucumber, Crackers	\$3.00
EACH ADDITIONAL SIDE	\$1.00
SEASONAL FRUIT Slice of Watermelon, Apple, Mandarin	\$1.00
MESSY MONKEYS POPCORN Salted, Sweet and Salty	\$1.50
MESSY MONKEYS BITES Chicken, Burger or Cheese	\$1.50
MINI CORN COB	\$1.00
MINI PIZZAS - CHEESE ✓, MEAT OR ZATAAR ✓	\$2.00
MINI HOMEMADE MUFFINS Banana or Blueberry	\$1.50