THE HOLY HARVEST CANTEEN

Our School Canteen supports the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means we provide healthier food choices for our children.

We are able to provide this service with the assistance of our wonderful volunteers & if you would like to assist please contact me at any time on M: 0410 424 262 or email: alison.druvy@dbb.org.au. Any amount of time you are able to assist would be greatly appreciated.

All profits made from The Holy Harvest Canteen go directly back to our School therefore benefiting our children. The Holy Harvest Canteen would like to thank “Just Baked” Bakeries at Terrigal (opposite Crowne Plaza) & Unisys & Wyoming for donating all our bread products (all additive & preservative-free). Please support this Holy Cross family who run a traditional, family business.

To make a lunch order:

1. Write your child's name and class on a paper bag (lunch bags can be purchased for 10c).
2. Write their food purchases on the bag & enclose money in bag (if ordering a recess order, please specify & provide a separate recess bag & lunch bag).
3. Your child is to give their lunch order to their teacher when they get to their class room & will then be brought to The Holy Harvest Canteen by 9:15am.

*** Ice creams, Slushies, Snacks, Fruit etc. can be ordered via a lunch order & picked up at the canteen at lunch time. Or these items can be purchased over the counter which provides your child an opportunity to make good choices and will boost their confidence. I ensure that the environment is a safe & welcoming one to younger students. ***

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We aim to provide the freshest possible ingredients to make the items on the Menu. I have stated which items are Home-made (HM) and have provided Gluten-Free (GF) options also. I have also tried to eliminate preservatives & additives as much as possible.

We also use reduced-fat milk, cheese, margarine, sour cream, sauces & dressings in all our preparation of the items available.

As a Food Safety Supervisor the preparation of food will fall under food safety guidelines.

If you wish to discuss the ingredients or preparation of any of the items available or inspect the Kitchen (at a suitable time) please feel free to contact me.

This Menu will be available for Terms 2 & 3 2014 and items may be deleted if necessary. You will be informed via the Canteen Newsletter.

** WEDNESDAY MENU **

Open Breakfast, Recess & Lunch

++ SANDWICH—$2.00 *
(Vegemite/Cheese/ Egg & mayo)

++ TOASTIES—$3.00 *
(Ham, Cheese & Tom / Ham, Cheese & Pine / Ham & Cheese / Cheese)

++ CHICKEN TENDER—$1.50 **
++ CHICKEN NUGGET—$0.80 **
++ MINI PIE OR S. ROLL—$0.80
++ CHEESE & BACON ROLL—$1.80
++ MINI TENDER WRAP—$2.50
++ FULL TENDER WRAP—$4.50
++ HAM, EGG, TUNA OR CHICKEN SALAD BOX—$4.00

** WEDNESDAY SPECIAL DEAL **

SALAD BOX & WATER
- $4.50

* GLUTEN-FREE BREAD AVAILABLE
ADD $0.50

** GLUTEN-FREE OPTIONS AVAILABLE
### BREAKFAST (8.30 – 8.55am)
- Cereal Cup w Milk $0.70
- Toast w Vegemite $0.50
- Cold Milo $1.00
- Up & Go $1.80
- Fruit & Veg Bag (seasonal Fruit OR Veg Sticks) $0.80
- Slinky Apple $0.50

### HOT FOOD
- Tender Wrap
  - 2 Tenders with Full Salad & mayo $4.50
  - 1 Tender with Lettuce & mayo $2.50
- Pizzas (HM Dough & Pizza Sauce)
  - Ham & Pineapple OR Cheese OR BBQ Meatlovers $3.00
- Gluten Free Pizza base ADD $0.50
- Nacho's (HM) (GF)
  - Beef Mexican Mix served on either Corn Chips w Sour Cream & Salsa $3.50
- Pasta Carbonara
  - Penne, Ham, Cheese in a lite-cream sauce $4.00
- Mexican Wrap ***NEW*** $4.50
  - Mexican Mix with Lettuce, Tomato & Cheese in a soft tortilla Wrap
- Toasted Kebab wrap
  - Chicken Breast, Tom, Cheese & Hommus $4.50
- Sausage in a Bun
  - Gourmet Lean Beef in a Fresh Bun with sauce $3.00
- Wedges—w Sour Cream & Sweet Chilli
  - Small Wedges Bag $3.50
  - $1.00
- Mini Pie OR Sausage Roll EACH $0.80
- Large lean Beef Pie EACH $3.00
- Large Lean Beef Sausage Roll EACH $2.50
- Chicken Nugget (GF avail) EACH $0.80
- Chicken Tender (GF avail) EACH $1.50
- Cheese & Bacon Roll EACH $1.80
- Chicken Burger OR Veggie Burger OR Fish Burger ***NEW***
  - With Lettuce, Tomato & Mayo on a bun $4.50
- Ham & Cheese Mini Quiche (HM) EACH $1.00
- Honey & Soy Chicken Skewer (HM) EACH $2.00
- Mini Spring Rolls (x4) $2.00
- ADD ON serving of vegetarian Fried Rice $4.00

### HEALTHY CHOICE—ALL GF
- Sushi— (HM) MON ONLY $3.00
- Vegetarian OR Tuna & Cucumber
- Rice Paper Rolls— (HM) MON ONLY $4.00
- Vegetarian Fried Rice $3.00
- Chicken, Ham, Egg OR $4.00
- Tuna Salad Box
- Caesar Salad ***NEW*** $4.50

### SANDWICHES & WRAPS
- Sandwich Cheese / Vegemite / Egg & Mayo $2.00
- Toastie Ham & Cheese / Ham, Cheese & Tom / Ham, Cheese & Pine / Cheese / Chicken & Cheese $3.00

### SOMETHING COLD
- 600ml Spring Water $1.00
- 300ml Lite Choc/Straw Milk $1.60
- LOL $2.00
- Blackcurrant/Tropical/Raspberry $2.00
- Focus Water $2.00
- Lemonade/Raspberry/Blackcurrent $2.00
- 250ml Popper Juice $1.20
- Apple/Orange $1.50
- Slushy (99% Fruit Juice) $2.00
- mixed slushy with scoop of ice cream - $1.00
- Lite Vanilla Ice Cream Tub Streets Fruit stacks $0.60
- Lemonade Icy Pole $1.00
- Juices $1.20
- Chocolate/Rainbow paddle Pop $1.20