FRESH FOOD FAIRY - VIC KIDS EAT WELL

SCHOOL CANTEEN MENU

HOT FOOD

Beef Lasagna
Vegetable Lasagna
Spaghetti Bolognese
Napoli Pasta
Fried Rice
Nachos
Beef & Salad Slider
Chicken & Salad Slider
Crumbed Chicken & Salad Wrap

Chicken Nuggets (baked)
Meat Pie
Sausage Roll
Cheese and Spinach Triangles
Pizza - Hawaiian
Pizza - Bolognese
Pizza - BBQ Chicken
Pizza - Vegetarian
Mini Hot Dog in Roll

SALAD AND SANDWICH BAR

(build your own from the following ingredients)

Start with: Bread, Wrap, Roll or Bowl
Add Protein: Chicken, Cheese, Egg, Tuna, Falafel, Crumbed Chicken, Ham
Add Veg: Avocado, Carrot, Cucumber, Lettuce, Tomato, Beetroot
Add Condiments: Hommus, Mayo, Margarine, Nuttelex, Tomato Relish, Vegemite

SUSHI

Teriyaki Chicken
Tuna
Cucumber
Chicken Schnitzel and Avo
Avocado

SNACKS

Watermelon Cup
Fruit Salad
Veggie Sticks and Dip
Frozen Yoghurt
Jelly Cup
Cheese and Crackers
Boiled Egg
Cocoa Bliss Balls
Homemade Cookie (Anzac/Cornflake/Cocoa)
(gluten free and vegan options available)
Banana Bread
Fruit Muffin
Cocoa Chocolate Muffin
Jumpys
Popcorn
Chips (snack size)

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DRINKS

Water
Pauls Bluey Flavoured Milk
M2GO Flavoured Milk
Fruit Juice