



Helensburgh Public School Canteen Menu 2023



HOMEMADE HOT MEALS (available everyday)

Fried Rice	\$5.00 E
Spaghetti Bolognaise	\$5.00 E
Butter Chicken	\$5.00 E
Macaroni Cheese	\$5.00 E
Totally Twisted Pasta	\$5.00 E

HOT FOODS (available everyday)

Sumo Party Pie	\$2.50 ●
Nuggets (5) Only available Thursday	\$4.70 ●
Homemade Mini Quiche	\$1.60 E
Homemade Herb Bread	\$0.80 E
Sauce (sachet)	\$0.50 E

TOASTED JAFFLE (available everyday)

Say "Cheese"	\$3.00 E
Spaghetti	\$3.00 E
Baked Bean	\$3.00 E
Apple Pie (stewed apple & Cinnamon)	\$3.00 E
Tuna	\$3.50 E
Cheese and Tomato	\$3.60 E
Ham and Cheese	\$4.90 E
Chicken and Cheese	\$4.90 E

SANDWICH/WRAP/ROLL (WM bread & rolls)

Buttered Roll	\$1.20 E
Vegemite /Honey/Jam	\$2.00 E
Cheese	\$3.00 E
Egg /Tuna	\$3.50 E
Ham/Chicken	\$4.00 E
Salad	\$4.50 E

Extra fillings: Lettuce, beetroot, carrot, cucumber, tomato, pineapple each	\$0.60 E
Salad (as extra filling)	\$1.50 E
Cheese	\$0.90 E

TASTY WRAPS

Cheesymite – Cheese and vegemite	\$3.00 E
Henny Penny – Chicken, lettuce, mayo	\$4.80 E
"Babe" wrap – Ham, cheese, tomato	\$4.80 E
Hungry Caterpillar – Lettuce, carrot, tomato, cucumber, cheese	\$4.80 E

SALAD BOXES

Mega Salad	\$6.00 E
Chicken or Ham Mega Salad	\$6.50 E
Egg Salad	\$6.50 E
Crunchy Noodle Salad	\$6.50 ●
Chicken Crunchy Noodle Salad	\$7.50 ●

DAILY SPECIALS

Monday **Chargrilled Chicken Wrap** \$4.80 E
with lettuce and mayo

Tuesday **Homemade Pizza**
Bun, sauce, cheese \$3.20 E
Add: ham / chicken 80c ea
Pineapple, tomato
Capsicum 60c ea

Wednesday **Chicken Burrito** \$4.80 E
Toasted chicken, lettuce,
tomato & cheese on a wrap

Thursday **Meatball Sub** \$4.80 E
Homemade meatballs topped with sauce

Friday **Beef Burger** \$4.80 E
Homemade beef pattie
with lettuce, cheese & tomato

DRINKS

Bottled Water 600ml	\$1.80 E
Fruit juice (apple, orange, abc)	\$1.90 E
Flavoured milk (choc/straw)	\$2.50 E
Plain milk	\$2.50 E
Up & Go	\$2.70 E
(Chocolate/Strawberry/Vanilla/Banana)	
Milo (Hot or Cold)	\$1.50 E

SNACKS

Rice cracker (1)	\$0.10 E
HM Cocoa slice/Apricot slice (1)	\$0.20 E
Home-baked Muffin	\$0.80 ●
Fresh fruit (seasonal)	\$1.00 E
HM Dehydrated fruit	\$1.00 E
Vege sticks with hummus dip (carrot, celery, cucumber)	\$1.00 E
Nut free trail mix	\$1.00 E
Fresh yoghurt (Strawberry)	\$1.00 E
Custard tub	\$1.00 E
Fresh Popcorn	\$1.50 ●
Chips (Sour Cream/Sea Salt)	\$1.50 ●

FROZEN SNACKS

Wonky stick (4 Flavours)	\$1.00 E
Quelch Stick	\$1.00 E
Juicies Pouch (Berry/Tropical)	\$1.50 E
Frozen juice cup (ABC/Orange)	\$1.50 E
Frozen yoghurt (Strawberry)	\$1.50 E
Mony (Lemon/TNT)	\$1.50 ●/E
Snap Stick	\$1.50 ●/E

E = Everyday option ● = Occasional option

Online ordering available: school24.net.au Code 25340963