Sometimes Foods:
Choose to have these in moderation

Pizza Single $3.60
Hawaiian
Meat Lovers

Mrs Macs Meat Pie $3.70
Mrs Macs Potato Pie $3.70
Mrs Macs Snack Pie $1.00
Mrs Macs Snack Potato Pie $1.00
Mrs Macs Sausage Roll $3.50
Cup of Wedges $2.50
Corn Jack $2.00

Drinks:
Water 350mL 90c
Water 600mL $1.20
Popper Juice $1.40
Apple, Orange, Apple & Blackcurrant or Pineapple
Orchy Pop Top Juice $1.80
Apple, Orange or Apple & Blackcurrant

Plain Milk $1.20
Hot Milo $1.00
Cold Milo $1.20
Oak 300mL $2.00
Chocolate, Banana, Vanilla Malt or Strawberry
Milk Breaka 250mL $1.50
Chocolate, Vanilla, Banana or Strawberry
Up ‘n’ Go 250mL $2.00
Chocolate, Vanilla, Banana or Strawberry

Ice-Blocks:
Juicies 70c
Nice ’n’ Juicy 40c
Ice Cream Tub $1.30
Moosies $1.20
Strawberry, Chocolate, Banana, Lime or Bluemoon
Swings $1.50
Strawberry or Chocolate

Home Ice-cream (Natural Range)
Koolstix 60c
Ice Blocks 60c
Choc Milk Bar 90c
Fruit ’n’ Juice Bar 90c

Snacks:
Packet Popped Corn 50c
Packet Snaps 50c
Small Muffin 60c
Large Muffin $1.20
Cookies 60c

Bundle of bags: $1.00
20 brown lunch order bags and 20 small white money bags

Fruit:
Prices subject to market conditions
Apples, Bananas, Oranges, Pears and other seasonal fruit are available

Hackham East Primary School
Eats ‘n’ Treats Menu 2014

Eats ‘n’ Treats supports healthy eating & all foods sold adhere to the SA Right Bite guidelines. We aim to provide low fat, sugar & salt foods that taste great & provide the students with important food groups & nutrients required for their growth & wellbeing.

How to Order:
1. **Write your lunch order.** Lunch orders are to be written on a paper bag. Check that the students name and class teachers name are clearly written on the bag. The total cost and amount of money enclosed should also be written on the bag.
2. **Place money in small paper bag and then in lunch order paper bag.** Check that the students name and class teachers name are clearly written on the small bag. Change will be given if needed, however correct money is greatly appreciated.
3. **Place lunch order in class lunch bag.** This is a brightly coloured cloth bag with your teachers name on it, it is found in your class room.
4. **Your lunch will be delivered to your class at lunchtime.** Lunch monitors will take your order to the canteen and will bring your lunch back to the class.

Special Combo Deals:
Buy any main meal and a drink and get one of the following snacks free. Packet Popped Corn, Cookie, Packet Snaps, Small Muffin or an Apple.

Pot Luck:
Available over the counter at Recess and Lunch till stock runs out.

Mini Hotdog $1.00
Mini Pizza $1.00
Ham & Pineapple, Cheese & Bacon or BBQ Chicken
Hash Brown 60c
Chicken Tender $1.50
Main Meals

Sandwiches, D/C Rolls, Wraps & Cold Subs:
Sandwiches and Rolls available in White or Wholemeal
Salad:
Lettuce, cucumber, tomato, carrot, cheese & mayo.
Sandwich: $2.50 D/C Roll: $4.00 Wrap: $4.00 Cold Sub: $3.00

Ham:
Ham, cheese, lettuce, carrot and mayo.
Sandwich: $2.50 D/C Roll: $4.00 Wrap: $4.00 Cold Sub: $3.00

Chicken:
Chicken, lettuce, cucumber, tomato & mayo.
Sandwich: $3.00 D/C Roll: $4.50 Wrap: $4.30 Cold Sub: $3.50

Egg:
Curried or plain egg, lettuce & mayo.
Sandwich: $2.50 D/C Roll: $4.00 Wrap: $4.00 Cold Sub: $3.00

Tuna:
Tuna, lettuce & mayo.
Sandwich: $3.50 D/C Roll: $5.00 Wrap: $4.80 Cold Sub: $4.00

Vegemite:
Sandwich: $1.50 Roll: $2.50

Toasties: $3.00
Baked Beans, Spaghetti
Egg & Bacon, Ham & Cheese
Cheese & Tomato
Cheese
Ham, Cheese & Tomato

Hot Subs:
Hotdog, Cheese & Sauce $3.50
Ham, Cheese & Tomato $3.50
Cheese $3.00
Chicken, Cheese, Lettuce & Mayo $4.00
Chicken Tender, Lettuce, Cucumber, Tomato & Mayo or Sweet Chilli Sauce $4.30
Fish Fingers, Lettuce, Tomato, Cheese & Tomato Sauce $4.00
Chicken Breast Nuggets, Lettuce, Cucumber, Tomato & Mayo or Sweet Chilli Sauce $4.00
Meatballs, Cheese, Lettuce, Cucumber, Tomato & Mayo or Tomato Sauce or Italian Sauce $4.30

Hot Wraps:
Chicken Nuggets, Lettuce, Cucumber, Tomato & Mayo or Sweet Chilli Sauce $4.00
Chicken Tender, Lettuce, Cucumber, Tomato & Mayo or Sweet Chilli Sauce $4.30
Fish Fillet, Lettuce, Cucumber, Tomato & Mayo $4.00
Meatballs, Cheese, Lettuce, Cucumber, Tomato & Mayo or Tomato Sauce or Italian Sauce $4.30

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Sandwich: $2.50 D/C Roll: $4.00 Wrap: $4.00 Cold Sub: $3.00

Chicken:
Chicken, lettuce, cucumber, tomato & mayo.
Sandwich: $3.00 D/C Roll: $4.50 Wrap: $4.30 Cold Sub: $3.50

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Curried or plain egg, lettuce & mayo.
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Egg & Bacon, Ham & Cheese
Cheese & Tomato
Cheese
Ham, Cheese & Tomato

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Chicken Tender, Lettuce, Cucumber, Tomato & Mayo or Sweet Chilli Sauce $4.30
Fish Fillet, Lettuce, Cucumber, Tomato & Mayo $4.00
Meatballs, Cheese, Lettuce, Cucumber, Tomato & Mayo or Tomato Sauce or Italian Sauce $4.30

Salad Packs:
Small: $3.00 Large: $4.00

Caesar Salad:
Ham or Chicken, Lettuce, Cucumber, Egg, Cheese, Croutons & Caesar Salad Dressing Sachet

Tossed Salad:
Ham or Chicken or Egg, lettuce, Cucumber, Tomato, Carrot, Capsicum, Cheese & French Salad Dressing Sachet

Hot Packs: $4.00
Classic Fish Pack:
Fish Fillet, Wedges, Tossed Salad & Beetroot

Zesty Fish Pack:
Fish Fillet, Wedges & Fresh Tomato Salsa.

Zingy Fish Pack:
Fish Fillet, Wedges, Coleslaw & Beetroot

Classic Chicken Nugget Pack:
Chicken Nuggets, Wedges, Tossed Salad & Beetroot

Zingy Chicken Nugget Pack:
Chicken Nuggets, Wedges, Coleslaw & Beetroot

Chicken Nugget and Veg Pack:
Chicken Nuggets, Wedges & Mixed Vegetables

Classic Meatball Pack:
Meatballs, Wedges, Tossed Salad & Beetroot

Meatball and Veg Pack:
Meatballs, Wedges & Mixed Vegetables