

# SOL FOOD CANTEEN

## SMART CHOICES MENU

### ALL DAY BREAKFAST

Bacon & Egg Muffin.	\$3.20
Bacon & Egg Muffin (GF)	\$3.50
Raisin Toast (2 Slices).	\$2.50
Raisin Toast (GF)	\$3.50
Baked Beans & Cheese Jaffle.	\$3.50

### SANDWICHES

Vegemite or Cheese.	\$2.00
Salad or Ham or Egg or Tuna.	\$3.00
Chicken.	\$3.50
<b>**Add Extras **</b>	
Cheese.	\$1.00
Salad.	\$1.00

\*\*\*\*\* Choice of Wrap, Wholemeal or Roll \*\*\*\*\*

### TOASTIES

Cheese.	\$2.20
Cheese & Vegemite.	\$2.50
Cheese, Tomato & Spinach.	\$2.50
Tomato & Cheese.	\$2.50
Ham, Cheese & Tomato.	\$4.00
Chicken & Cheese.	\$4.00

\*\*\*\*\* GLUTEN FREE AVAILABLE \*\*\*\*\*

### SALAD BAR

SOL SPECIAL SALAD - Spinach, Sundried Tomato, Carrot, Beetroot, Capsicum, Feta & Sweet Potato.

SMALL \$4.00    LARGE \$6.00

GARDEN SALAD - Lettuce, Tomato, Carrot, Beetroot & Cucumber. \$4.00

**\*\*Add Extras\*\***

Chicken or Ham.	\$1.50
Egg or Cheese.	\$1.00

### PIZZA BAR 1<sup>st</sup> Break Only

SOL WORKS - Cheese, Tomato, Ham, Pineapple, Spinach, Sweet Potato.

VEGETARIAN – Cheese, Sweet Potato, Spinach, Capsicum, Onion & Pineapple.

LARGE \$5.50

HAWAIIAN – Cheese, Ham & Pineapple.

PLAIN – Cheese.

Garlic Bread - \$2.50

LARGE \$5.00

\*\*\*\*\* GLUTEN FREE AVAILABLE\*\*\*\*\*

### HOT FOOD 1<sup>st</sup> Break Only

CHICKEN BURGER - Fresh Grilled Chicken, Lettuce, Tomato & Mayonnaise. \$6.00

VEGE BURGER - Home-made Vege Pattie, Mayo, Lettuce, Tomato, Carrot, Cucumber & Beetroot. \$6.00

MINI HAMBURGER – Lettuce, Tomato, & Beetroot. B.B.Q Sauce. \$4.00

BLT - 99% Fat Free Bacon, Lettuce, Tomato & Mayonnaise. \$5.50

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SPAGETTI BOLOGNAISE – Lean Mince & Grated Vegetables. \$4.50

SAUSAGE ROLL – Home-made. \$3.50

HONEY SOY CHICKEN & RICE. \$5.00

Hot Dog. \$3.50

Nuggets – 5 x Chicken nuggets. \$3.50

Tomato/BBQ Sauce. \$0.30

### LITE BITES

Messy Monkeys Popcorn 25g.	\$1.00
Apple Slices.	\$1.00
Seasonal Fruit.	\$1.00
Red Rock Chips.	\$1.50
Fruit Tub with Custard.	\$3.70
Grilled Mini Corn Cob.	\$1.00
Hard Boiled Egg.	\$1.00
Homemade Cheese & Vegemite Scroll.	\$2.00
Choc Chip Cookie (1).	\$1.00
Snack Pack – Grapes, Carrot Sticks, Apples, Water Crackers, Dried Apricots, Cheese.	\$4.50

### DRINKS

Plain Milk.	\$1.50
Bottled Water.	\$1.50
Flavoured Water.	\$2.40
100% Fruit Juice.	\$2.20
Chocolate or Strawberry Milk.	\$2.80

### ICE TREATS 2<sup>nd</sup> Break Only

Tub of Frozen Yoghurt.	\$2.50
Bulla Light Ice-cream cups.	\$2.00
Lemonade Icy Twist.	\$1.20
Paddle Pop.	\$1.80
Zooper Dooper.	.60c

### SPECIALS 1<sup>st</sup> Break Only

Ham/Cheese or Cheese Toastie, Fruit, And a Bottle Water. \$6.00

Fish Fingers (6) & Flavoured Water \$5.50

### SPECIALS 2<sup>nd</sup> Break Only

Sweet potato Chips with Aioli & Zooper Dooper.	\$3.50
Cheese Toastie & Zooper Dooper.	\$2.60



# HUMPYBONG STATE SCHOOL



## SOL FOOD CANTEEN

The SOL Food Canteen is operated by the school as a service to the families of Humpybong State School. The Canteen is open three days a week (**Wednesday, Thursday and Friday**) with a fantastic Queensland Government Smart Choices compliant menu. The majority of our menu items are made “in-house” from fresh ingredients.

You can set up an e wallet at <https://tuckshop.schoolshoponline.net.au/humpybongss/index.aspx> and order your child's lunch online for Canteen day. **Online Orders must be submitted before 8:00am**

If you do not supply a Brown paper bag, please add .10c to your order to cover the cost of a bag.



## WE WANT YOU!



Our Canteen is staffed by volunteers, without which this service would not exist. It is a great place to catch up with others and to contribute to the school. Students enjoy seeing someone they love in the Canteen during their break. If you are available to help, even if it is only a couple of days a term, please do not hesitate to have a chat to our friendly Convenor **Kaylee Goodyear**.