



Healthy Kids Canteen Menu

Alfred Deakin High School

term 3
2020

Order online at myschoolconnect.com.au

Salad, sandwiches & wraps

Assorted in display fridge \$4.00 - \$5.00

Snacks

Piece of fruit	\$1.50
Cheese and crackers	\$2.50
Koala popcorn (lightly salted, BBQ, chicken)	\$2.50
Yoghurt (assorted flavours)	\$2.00
Berry muffin	\$2.00
Banana bread	\$1.80
Chocolate mousse cup	\$2.00

Drinks

Water: 600ml	\$2.00
Mt Franklin sparkling water	\$3.50
Juice apple or tropical	\$2.00
Plain milk: 300ml	\$2.00
Plain milk: 500ml	\$3.00
Flavoured milk (chocolate, strawberry): 300ml	\$3.00
Flavoured milk (chocolate, strawberry): 500ml	\$4.50
Dare Espresso	\$3.50
Glee lightly sparkling juice (blackcurrant, tropical or raspberry)	\$3.00
Up&Go (chocolate, caramel)	\$2.50
Hot chocolate	\$2.00

Daily hot specials

Monday

Jumbo sub: meatballs & cheese	\$6.00
Toasted wraps (chicken & cheese, veggie)	\$5.00/\$4.50
Crispy potato gems	\$3.00
Loaded fries: sweet potato, salsa & cheese	\$5.00
Stirfry noodles (changes weekly)	\$6.00

Tuesday

Burger (beef, chicken, veggie)	\$5.50
Jumbo sub: 2 x crispy chicken tenders	\$6.00
Potato wedges	\$3.50
Chicken wings with rice	\$4.50
Pumpkin pasta with roast garlic sauce	\$5.50

Wednesday

Jumbo sub: meatballs & cheese	\$6.00
Toasted wraps (chicken & cheese, veggie)	\$5.00/\$4.50
Crispy potato gems	\$3.00
Pulled pork/beef roll	\$6.00
Loaded fries: sweet potato, salsa & cheese	\$5.00

Thursday

Burger (beef, chicken, veggie)	\$5.50
Jumbo sub: 2 x crispy chicken tenders	\$6.00
Beef stirfry with rice	\$6.00
Potato wedges	\$3.50
Burrito bowl: pulled chicken, rice & veggies	\$6.50

Friday

Jumbo sub: meatballs & cheese	\$6.00
Toasted wraps (chicken & cheese, veggie)	\$5.00/\$4.50
Crispy potato gems	\$3.00
Beef burrito: wrapped in a tortilla	\$6.00

Please also see specials

Meal Deals

\$5.50 Meal Deals

- Deal #1: Salad wrap, 1 side, 1 drink
- Deal #2: Toasted cheese turkish, 1 side, 1 drink
- Deal #3: Mini chicken sub, 1 side, 1 drink

\$8.00 Meal Deals

- Deal #1: Burger, 2 sides, 1 drink
- Deal #2: Pasta bolognese, garlic bread, 1 side, 1 drink
- Deal #3: Sweet chilli falafel wrap, 2 sides, 1 drink

Choice of sides:

- Milo cookie
- Chocolate mousse cup
- Garlic bread
- Berry yoghurt cup

Choice of drinks:

- Just juice popper (apple, orange, apple/blackcurrant)
- Water

Meal Deals are only available by pre-order
online at myschoolconnect.com.au