**Dalmain Healthy Heroes Menu**

**OPEN Monday, Wednesday & Friday**

**8:30am-1pm**

### Recess

Available Recess Only

- **Wholemeal (Reduced Fat) Quiche** $1.00
- **Bunny Bread (Carrot/Zucchini)** $1.00
- **Monkey Bread (Banana)** $1.00
- **Cheesie (Reduced Fat Cheese on ½ Freshly Baked Bread Roll)** $1.00
- **Pizza Slice (Reduced Fat)** 50c
- **Wedges (Freshly Roasted Potatoes)** $1.00
- **Popcorn (Unsalted)** 20c
- **Fruit Cup (Seasonal Varieties)** 50c

### Sandwiches

Served on Wholemeal Bread

Or Special Request White Bread

- **Vegemite** $2.50
- **Salad Only** $3.00
  - (Lettuce, Tomato, Cucumber Carrot)
- **Ham, Cheese, Tuna, Egg, or Chicken Sandwich Add-Ons**
- **Cheese, Pineapple, Tomato, Cucumber, Lettuce, Carrot, or Beetroot**
- **Mayo, Mustard, or Pickles** +30c
  - Make it a Roll, Wrap, Or Toasted +50c

### Lunch Ice Creams

- **Quelch 99% Fruit Juice Icy Pole** 50c
  - ½ Quelch 30c
- **Vanilla Ice Cream Bucket** $1.50
- **Paddle Pop (Chocolate or Banana)** $2.00
- **Mango Frozen Yoghurt** $2.00

### Monday Special

Served on Freshly Baked Bread

- **Beef Burger (with Lettuce, Tomato, Cucumber & Sauce)** $4.50
- **Chicken Burger (with Lettuce, Tomato, Cucumber & Mayo)** $4.50
- **Add Cheese** +50c
- **Hot Dog (Low-Fat Hotdog served with Sauce)** $3.50

### Wednesday Special

- **Homemade Pizzas**
  - **Hawaiian** $3.50
  - **Veggie Lover**
  - **BBQ Meat**
- **Homemade Sausage Rolls** $3.50

### Friday Special

- **Nachos**
  - (Corn Chips with Cheese & Salsa) $4.00
  - **Add Chicken** +$1.00
  - **Add Lite Sour Cream** +30c
  - **Warm Tortilla Wrap**
    - (Chicken Strip with Lettuce, Tomato, Cucumber & Southwest Sauce) $4.00
  - **Chicken Tenders (2)** $3.50

### Lunch Drinks

- **Hi-Lo Milk** $1.50
- **Bottled Water** $1.00
- **Flavoured Milk** $2.00
  - (Chocolate, Strawberry or Banana)
- **Pop-Tops** $2.00
  - (Apple, Apple & Blackcurrant or Orange)

*Keep Your School Canteen Open; Volunteer Today!!!*

PHONE 9309 3711

*Place Orders to Canteen before 9am; Use Early Bird Box for Early Orders*