Shoalhaven Heads Public School

The Head Harvest Summer Menu 2013/14

*Items available for Lunch Orders are listed below.
*All Sandwiches & Toasties are made on wholemeal bread
*Lunch orders are to be written on a brown paper bag. You can buy a brown paper bag for 10c. Please hand order into canteen before school. Please include your child’s name, class and correct money.

### Sandwiches & Wraps

Basic Sandwich: Vegemite, peanut butter, jam or honey. $1.50  
Cheese sandwich $2.00  
Egg Sandwich $2.00  
Egg & Lettuce Sandwich $2.20 Wrap $3.20  
Salad Sandwich $2.50 Wrap $3.50  
Ham Sandwich $2.50 Wrap $3.50  
Chicken Sandwich $2.50 Wrap $3.50  
Tuna $3.00 Wrap $4.00

Extra fillings:
- Tomato .20c  
- Cheese .50c  
- Salad .50c  
- Mayonnaise .20c  
- Toasted .20c

### Homemade Jaffles

- Cheese $2.20  
- Ham & Cheese $3.00  
- Ham, Cheese & Tomato $3.50  
- Hawaiian (Ham, cheese & pineapple) $3.50

### Hot Food

- Meat Pie $2.50  
- Party Pie .80c  
- Sausage Roll $2.00  
- Dinosaur Chicken Nuggets (3) $1.50  
- Homemade Spaghetti $3.50  
- Garlic Bread .60c  
- Hot Chicken Wrap $4.00 (Chicken tenders, lettuce, Mayo)

### Snacks

- Red Rock Chips (plain and Honey soy chicken) $1.00  
- Pretzels .70c  
- Homemade Mini Muffins .30c  
- Let’s go Crackers (Rice Crackers & Hummus) .50c  
- Crunchie Munchie (seasonal fresh f&v) .20c  
- Fresh Fruit .30c  
- Popcorn $1.00  
- Banana Chips .20c  
- Fruit Cups $1.00

### Drinks

- Bottled Water 350ml $1.00  
- Flavoured Milk (light) 250ml $1.50 (Chocolate, strawberry)  
- Juice 250ml $1.50 (Orange, Apple/Blackcurrant, Apple)  
- Flavoured Mineral Water 350ml $1.50 (Apple & Raspberry, Blue Heaven, Orange Crush, lemonade)

### Icy Treats

- Frozen Fruit Pieces .20c  
- Milky Bites .20c  
- Juicy Bites .20c  
- Fruit Bombs .50c  
- Frozen Juice Cup .60c  
- Slushies $1.50  
- Icy Twists $1.10  
- Paddle pops $1.30  
- Frozen Yoghurt $1.60

### Extras

- Sauce: Tomato & sweet chilli .20c  
- Crunchie Munchie (Seasonal Veg and Hummus Dip) .20c  
- Lets Go Crackers (Rice Crackers & Hummus) .20c  
- Homemade Mini Muffins .30c  
  *Salad and eggs are sourced from the schools edible garden*

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**The Canteen Committee**

Did you know SHPS canteen is 100% ran by volunteers and is a major source of fundraising for our school? All money raised at the canteen goes back into the school.

If you have any feedback, can assist in any way or would like to volunteer please contact Jo Higgins on 0425880791

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**Monday: Recess, lunch snacks & lunch orders**  
**Tuesday: Lunch snacks.**  
**Wednesday: lunch snacks**  
**Thursday: lunch snacks**  
**Friday: Recess, lunch snacks & lunch orders**

**Lunch Orders only available on Monday and Fridays.**

No snacks or slushies go into lunch bags. Lunch Bags 10c