

THE HungrY HuT

QLD SMART CHOICES MENU

GUIDE

GREEN	=	Eat Lots
AMBER		Eat Thoughtfully
RED		Eat Occasionally

SUSHI

Sushi day held once a term see newsletter.

FRUIT and SALAD BAR

Apple slinky, skin on (V, GF, DF)	\$1.00 GREEN
Piece of Fruit (V, GF, DF)	\$1.00 GREEN
Fruit Salad SML (V, GF, DF)	\$2.50 GREEN
Gourmet Garden Salad (GF)	\$4.50 GREEN

WRAPS

Gourmet Salad with Mayo Wrap	\$4.50 GREEN
Ham and Salad Wrap	\$4.50 GREEN
Sweet Chilli Chicken Wrap	\$4.50 GREEN

BUILD YOUR OWN SANDWICH

All on Wholemeal Bread (White bread on request).
Add salad for 50c.
Toasting no extra. GF no extra.

\$1.50 Fillings

Cheese, Vegemite, Peanut Butter, Honey, Jam

\$2.50 Fillings

Ham & Cheese, Egg & Lettuce, Chicken & Cheese

\$3.50 Fillings

Ham, Cheese & Tomato
Ham & Salad
Chicken & Salad

SNACKS

Pikelets (2) with Jam or Honey (V)	\$1.50 AMBER
Hard Boiled Egg (V, GF, DF)	\$1.00 GREEN
Corn on the Cob (V, GF, DF)	\$1.00 GREEN
Cheese Sticks	\$1.00 GREEN
Snack Pack (Egg, Rice Crackers & Cheese) (V)	\$1.20 GREEN
Carrot Sticks (V, GF, DF)	\$1.00 GREEN
Arnott's SAO Crackers (2) with Vegemite & Cheese (V)	\$1.50 AMBER
Mini Lamington (V)	\$0.60 AMBER
Sultana Snack Pack (V, GF, DF)	\$1.00 GREEN
Popcorn Plain (V, GF)	\$1.00 GREEN
Honey Soy Chips	\$1.50 RED
Grain Wave Chips	\$1.50 RED

HOT FOOD

****NO HOT FOOD SERVED 2ND BREAK FRIDAYS****

Yellow Chicken Curry (mild) with Basmati Rice	\$4.00 GREEN
Egg Fried Rice	\$4.00 GREEN
Pasta Bolognese	\$4.00 AMBER
Lasagne*	\$4.50 AMBER
Chicken Nuggets* (serve of 3) (GF)	\$2.00 AMBER
(serve of 6) (GF)	\$4.00 AMBER
Hot Dog* with Tomato/BBQ Sauce or Mustard	\$4.00 AMBER
Beef Burger	\$4.50 AMBER
Meat Pie*	\$4.00 AMBER
Sausage Roll*	\$4.00 AMBER
Tomato or BBQ*	\$0.40 AMBER

PIZZA

Ham, Cheese, Pineapple	\$4.00 GREEN
Chicken, Capsicum, Cheese	\$4.00 GREEN
Cheese, Capsicum, Sweetcorn (V)	\$4.00 GREEN

All food made in the Hungry Hut unless marked *

GF = Gluten Free

V = Vegetarian

DF = Dairy Free

ICE BLOCKS

Paddle Pop, Chocolate or Rainbow (V) **\$1.20** AMBER
Quelch Ice Blocks (V, GF) **\$0.50** AMBER
Zooper Dooper Ice Blocks (V, GF) **\$0.50** AMBER
Smooze (V,GF,DF) **\$1.00** AMBER
Island Way **\$2.50** AMBER

DRINKS

Milo - Served Cold (V) **\$0.50** GREEN
Golden Circle 100%Fruit Juice Popper Paradise Punch/Apple
250ml (V, GF, DF) **\$2.00** GREEN
Flavoured Milk Chocolate, Vanilla or Strawberry
300ml (V, GF) **\$2.00** GREEN
Spring Water 600ml **\$2.00** GREEN
Krazy Lemon 200ml **\$2.00** AMBER