



HARTWELL CANTEEN

Hello Hartwell Parents and Students,

It is with great pleasure, that we have the opportunity to provide our wonderful school community with a nutritious, diverse and ethical range of wholefood through our daily lunch order service and all new 'take-home' family meal options at Hartwell Canteen.

We are thrilled to announce that we have two full-time chefs operating Hartwell Canteen. Delwyn, who has joined us from a local favourite, "Dish & Spoon" café and Cameron who some of you may recognise from another local institution, Fordham's Milkbar. With both chefs having extensive experience in busy café environments as well as catering backgrounds, the food on offer will be well loved by students, staff and parents alike.

With an ever increasing focus on health and wellness, the opportunity to instil a genuine love of wholesome, nutritious and natural food has never been so important. Hartwell Canteen's menu is designed to be appealing to kids, while also maintaining a strong adherence to our following core values:

- All menu items will be free from artificial colours, flavours and preservatives.
- The use of recycled and environmentally friendly packaging wherever possible and the provision of a recycling bin outside the canteen for student use.
- To limit the amount of pre-packaged foods available by preparing the majority of items in our on-site kitchen by our qualified chefs.
- Extending our vision of a healthy lifestyle by offering nutritious, fresh and tasty take-home meals that can be ordered by parents and collected from the canteen before and after school.

HOW TO ORDER:

For existing QKR! Customers, you do not need to set-up a new account, but just be sure to select the Hartwell Canteen logo to access the new menu.

For new QKR! Customers, you will need to set-up an account by following the instructions on the attached QKR! Info sheet.

You can order lunches and 'take-home' meals up to 2 weeks in advance through the QKR! App and we will also still accept lunch orders in a paper bag with correct change. 'Take-home' meals can be collected from the canteen window between 8am and 4pm.

All of our Snacks, Drinks & Frozen's can now be bought over the counter at recess and lunch and also before and after school.

Feel free to drop by and say "hi" or email us at hartwellcanteen@outlook.com with any queries or feedback.

We look forward to serving you with a smile,

Lena Mendez & Team
Hartwell Canteen



HARTWELL CANTEEN

TERM 1 MENU

SNACKS

FRUIT SALAD CUPS (DF,V) - Watermelon - Seasonal Mixed Fruit	\$2.5	VANILLA YOGHURT POT (GF,V) Organic yoghurt with vanilla bean and chia seeds	\$2.5
VERY BERRY JELLY CUP (GF,DF) Mixed berries served in natural jelly	\$3.0	BANANA BERRY MUFFIN	\$2.5
STICKS 'N' DIPS (GF,V) Carrot, celery & cucumber w/ tzatziki or hommus dip	\$3.0	APPLE BIRCHER POT w/ Vanilla Chia Yoghurt	\$3.5
ORGANIC POPCORN CUP (GF,DF,V) Freshly popped in organic coconut oil and himalayan pink salt	\$2.5	VEGAN CHOCOLATE MOUSSE POT (GF,DF,V)	\$2.5
ORGANIC CORN CHIPS (GF,DF,V) w/ housemade guacamole & salsa	\$3.5	SEEDY MUESLI SLICE (GF,DF,V)	\$3.0
CHEESE & CRACKERS (GF,DF,V) Freshly sliced tasty cheese w/ organic brown rice crackers	\$2.5	DRIED FRUIT CUP (GF,DF,V) (no sulphites or preservatives)	\$2.5
CRACKERS 'N' DIPS (GF,V) Organic brown rice crackers served with hommus or tzatziki	\$2.5	MINI RICE CAKES - Dark Chocolate - Triple berry Yoghurt	\$2.5
		ORGANIC ROASTED SEAWEED SHEETS	\$2.5

DRINKS & FROZENS

NUDIE FRUIT JUICE (GF,DF,V) - Apple - Orange - Tropical - Apple & Blackcurrant	\$2.5	TASMAN BAY JUICY TUBE (GF,DF,V) - Apple & blackcurrant - Orange - Lemonade - Apple - Wildberry - Cola - Tropical	\$2.0
MOO FLAVOURED MILK (GF,V) Chocolate or Strawberry	\$2.0		
BANANA BERRY SMOOTHIE (GF,V)	\$3.5	SMOOZE (GF,DF,V) - Coconut & Mango - Coconut & Banana - Coconut & Pink Guava - Coconut	\$2.0
FROZEN GRAPES (GF,DF,V)	\$2.0		
FROZEN PINEAPPLE (GF,DF,V)	\$2.0		



SANDWICHES, SALADS, WRAPS & SUSHI

CHEESE SANDWICH (V)	\$4.0	SUSHI ROLLS X 2 (GF,DF)	\$6.0
HAM & CHEESE SANDWICH	\$4.5	- Tuna w/ Brown Rice	
HAM, CHEESE & TOMATO SANDWICH	\$5.0	- Teriyaki Chicken w/ Brown Rice	
		- Avocado w/ Brown Rice (V)	
only use naturally woodsmoked ham(all sandwiches are prepared using fresh wholemeal bread) *add 20c for toasted		QUINOA TUNA SALAD CUPS X 2	\$4.0
RAINBOW SALAD WRAP (V)	\$4.5	(GF,DF) Organic quinoa, corn, celery and tuna served in lettuce leaf cups	
Grated carrot, lettuce, cucumber, tomato & cheese		GREEK SALAD (GF,V)	\$4.0
CHICKEN & LETTUCE WRAP (DF)	\$5.0	Cucumber, Tomato, feta & kalamata olives in an extra virgin olive oil & lemon dressing	
Poached free range chicken, grated lettuce & house mayo on a fresh wrap		GARDEN SALAD (GF,DF,V)	\$4.0
		Mixed leaves, tomato & cucumber	
		Add free range poached chicken	+\$1.0



HOT FOOD

HOMEMADE PIZZAS	\$4.5	ORGANIC NAPOLI PASTA (V)	\$5.0
- Margherita		Homemade organic napolli pasta sauce & organic pasta spirals topped w/ grated tasted cheese	
- Vegetarian		CHICKEN PESTO PASTA	\$5.0
- Tropical		Free range poached chicken, baby spinach and housemade pesto stirred through a creamy sauce	
Using only naturally woodsmoked ham		CRISPY CHICKEN TENDERS X 3	\$7.0
Gluten-Free Base + \$1.0		Hand crumbed, oven baked, free range chicken tenders	
HOMEMADE BURGERS	\$4.5	OVEN BAKED CRUMBED	
- Vegetarian		FISH BITES X 3	\$7.0
- Crumbed Chicken		Hand crumbed, oven baked white fish	
- Grass Fed Beef		BAKED POTATO (GF,V)	\$4.5
Gluten-Free Bun + \$1.0		w/ Slaw & Cheese	
ORGANIC BEEF HOT DOG (DF)	\$5.0	Add bacon +\$1.0	
Naturally woodsmoked beef hot dog served on a fresh roll		BUTTER CHICKEN (GF)	\$6.0
HOMEMADE MINI SAUSAGE ROLL	\$3.0	w/ Organic Brown Rice free range chicken in a mild aromatic curry sauce	
Grass fed beef & vegies wrapped in natural golden pastry		BEEF STIR-FRY (GF)	\$6.0
HOMEMADE MINI PARTY PIE	\$3.0	w/ Organic Brown Rice grass fed beef & vegies in an organic teriyaki sauce	
Chunks of grass fed beef & housemade gravy in natural golden pastry		VEGETARIAN FRIED RICE (GF,DF,V)	\$5.0
MINI VEGETARIAN QUICHE (V)	\$2.5	Organic brown rice, carrot, corn & peas	
Free range eggs, baby spinach, tomato and herbs in natural golden pastry		Add free range poached chicken +\$2.0	
CHICKEN PARMA WRAP	\$5.0	TERIYAKI SALMON SKEWERS X 2	\$7.0
Oven baked free range crumbed chicken tenders w/ housemade napolli and grated tasty cheese		w/ Asian Greens (GF,DF)	
EGG & BACON ROLL	\$5.0		
Free range egg & naturally woodsmoked bacon served on a freshly baked roll			

TAKE-HOME FAMILY MEALS

FAMILY PIZZAS

(serves 2-4)

- Margherita **\$10.0**
- Vegetarian **\$12.0**
- Capricciosa **\$12.0**
- Tropical **\$12.0**

Using only naturally woodsmoked ham

HOMEMADE SAUSAGE ROLL **\$6.0**

(serves 1-2)

Grass fed beef & vegies wrapped in natural golden pastry

HOMEMADE SHEPHERDS PIE **\$18.0**

(serves 4-6)

Chunks of grass fed beef & housemade gravy in natural golden pastry & topped with creamy mashed potato

BUTTER CHICKEN W/ BROWN RICE **\$22.0**

(serves 4-6)

Free range chicken in a mild aromatic curry sauce

BEEF STIR-FRY W/ BROWN RICE **\$22.0**

(serves 4-6)

Grass fed beef & vegies in an organic teriyaki sauce

VEGETARIAN FRIED RICE **\$12.0**

(serves 4-6)

Organic brown rice, carrot, corn & peas

Add free range poached chicken +\$6.0

CHICKEN PESTO PASTA **\$18.0**

(serves 4-6)

Free range poached chicken, baby spinach, housemade pesto & organic pasta spirals, stirred through a creamy sauce

NAPOLI PASTA **\$16.0**

(serves 4-6)

Homemade organic napoli pasta sauce & organic pasta spirals topped w/ grated tasted cheese

HOMEMADE NACHO KIT **\$16.0**

(serves 2-4)

Organic corn chips, housemade guacamole & salsa with grated cheese and sour cream sauce

ORGANIC QUINOA & BROCCOLINI SALAD **\$18.0**

(serves 2-4)

ROAST VEGETABLE SALAD **\$18.0**

(serves 2-4)

GREEK SALAD **\$12.0**

(serves 2-4)

Cucumber, tomato, feta & kalamata olives in an extra virgin olive oil & lemon dressing.

GARDEN SALAD **\$12.0**

(serves 2-4)

mixed leaves, tomato & cucumber

Add free range poached chicken +\$6.0