



Kadina Memorial School Canteen Menu

SUMMER —Term 4 2017 & Term 1 2018

Canteen Manager Vicki Hartleib Ph: 88211254 Mobile 0419866471



(g) gluten free or option available (v) vegetarian or option available (please specify dietary requirements)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BAKED POTATO (v) Hawaiian- Ham Pineapple Cheese OR Bolognaise- Bolognaise Sauce, Cheese OR Pizza- Bacon, Cheese, Neopolitana Sauce \$4.50</p> <p>Coleslaw extra 50c Sour cream extra 50c</p>	<p>COLD ROLLS Chicken or Vegetarian(v)(g)</p> <p>Rice paper rolls with Asian drizzle</p> <p>\$1.50 each</p>	<p>PIZZA - Hawaiian Meat Lovers Margarita \$3.80</p> <p>WEDGES \$3.00</p> <p>Add Sweet Chilli extra 30c Add Sour Cream extra 50c</p>	<p>HOT DOG Tomato Sauce, BBQ, Mustard or No Sauce \$3.00 Cheese and Sauce \$3.50</p> <p><u>MEAL DEAL</u> Hot dog w Sauce \$5.00 or Cheese & Sauce \$5.50 (with Bottle Juice or Oak)</p> <p>Mini Dog with sauce \$1.00</p>	<p>SUSHI ROLL Chicken with Cucumber, & Capsicum(g)</p> <p>or</p> <p>Vegetarian with Cucumber, Carrot, and Capsicum(v)(g)</p> <p>\$4.00 ea</p>

SENSATIONAL SALADS

JUNIOR SALAD (v)(g)	\$3.00
Lettuce, Cucumber sticks, carrot sticks, celery sticks, cheese chunks, and cherry tomatoes.	
GARDEN SALAD (v)(g)	sml \$2.50, lg \$4.00
Lettuce, Tomato, Cucumber, Capsicum, Carrot, Mayo or Vinaigrette	
CHICKEN CAESAR SALAD BOX (v)(g)	\$6.00
Chicken, Egg, Parmesan Cheese, Bacon, Crou-ton, Cos Lettuce & our own Caesar Dressing	
BABY SPINACH & ROASTED PUMPKIN (v)(g)	
SALAD with Fetta, Cherry tomatoes, Lemon and Olive Oil Dressing	\$5.50
Add Fresh chicken	\$6.50
MEDITERRANEAN CHICKEN SALAD (v) (g)	
With Cucumber, Tomato, Avocado, Olives and Red Onion Dressing	\$6.50

DRESSINGS AVAILABLE:

Vinaigrette	extra 30c
Caesar, Tartare, Mayo	extra 50c

SAUCES AVAILABLE:

Tomato, BBQ, American Mustard, Soy, Sweet Chilli	extra 30c
Sour Cream, Salsa, Cranberry	extra 50c

HOT FOOD & MEAL DEALS

FISH FILLET with coleslaw, garden salad, lemon and tartare	\$6.00
FRIED RICE (v) (g)	\$3.50
Add 2 Chicken Tenders	\$6.00
QUICHE Ham, Cheese, Tomato	\$4.00
Add Garden Salad	\$6.00
ZUCCHINI SLICE	\$4.00
Add Garden Salad	\$6.00
CHILLI VEGETARIAN (vegan)(v)(g)	
with tomato, lentils, kidney beans, capsicum	\$5.00
TUNA MORNAY	
with Peas, Corn, & Pasta	\$6.00
BEEF CURRY with rice	\$6.00

HOT FOOD

SNACK PIE	\$1.30
HASH BROWN (v)	\$1.00
POTATO WAFFLES (v)	sml(5)\$2.00 lge(10)\$4.00
CHIKO ROLL	\$3.00
CRUMBED FISH FILLET	\$2.80
SAUSAGE ROLL	\$3.00
BEEF PIE	\$4.50
POTATO PIE	\$4.50
VEGETABLE PASTY (v)	\$4.50
HOT HAM & CHEESE ROLL	\$3.50

NUGGETS AND WEDGES

MEAL DEALS

CHICKEN WEDGES MEAL DEAL	\$5.50
-4 Chicken Wedges & Bottle Juice or Oak	
Extra wedges 90c ea or 4 for \$3.50	
CHICKEN NUGGETS MEAL DEAL	\$4.50
-4 Chicken Nuggets, Sauce & Bottle Juice or Oak	
-4 Nugget Dipping Pack, Bread & Sauce	\$3.50
Extra nuggets 70c ea or 4 for \$2.50	
NUGGET BEACHBOX	
-4 nuggets, Junior Salad, Free Quelch	\$5.00

HOMEMADE PASTA

Chicken Carbonara w Bacon and Mushroom (Homemade)	\$4.50
Macaroni & Cheese (Homemade) (v)	\$3.50
Spaghetti Bolognaise (Homemade)	\$4.00
Beef Lasagne (Homemade)	\$4.50
Vegetable Lasagne (Homemade) (v)	\$5.50

JUNIORS only (Rec-Yr6)

Junior Ham & Cheese Roll	\$3.00
Junior Chicken Burger w let & mayo	\$3.50
Junior Beef Burger w cheese & sauce	\$3.50
Mini Wrap w Crumbed chicken, tomato, Lettuce, and Mayo	\$3.50

SANDWICHES

White, Multigrain (incl. 3 fillings)	\$3.50
**Add Salad—Let/Tom/Cuc/Carrot	\$4.00
Cheese or Vegemite Sandwich	\$2.50
Ham & Cheese Sandwich	\$3.00

ROLLS

White or Multigrain (incl. 3 fillings)	\$4.50
**And Salad—Let/Tom/Cuc/Carrot	\$5.00

WRAPS or BAGUETTES

White only (incl. 3 fillings)	\$4.50
**And Salad—Let/Tom/Cuc/Carrot	\$5.00

MEAT CHOICES: Ham, Chicken, Roast Beef, Tuna, Turkey, Lamb Yiros

SALAD/EXTRA CHOICES: 30c each
Lettuce, Tomato, Cucumber, Carrot, Cheese, Cream Cheese, Pineapple, Gherkin, Beetroot.
Avocado or Egg add 50c

BRILLIANT BURGERS

CLM - Chicken Burger, Lettuce & Mayo	\$4.50
BLT - Chicken Burger, Bacon, Lettuce & Tomato	\$5.00
LEAN MEAN BEEF BURGER - Beef Burger, Lettuce, Tomato, Cucumber, Carrot, Cheese & Sauce	\$5.00

WILD WRAPS

CHICKEN CAESAR WRAP (v)	\$5.50
Chicken, Bacon, Cheese, Lettuce, Caesar Dressing	
FISH WRAP	\$5.50
Fish, Lettuce, Tomato, Cucumber, Tartare	
CHICKEN TENDER WRAP	\$5.50
Chicken tenders, Lettuce, Tomato, Mayo	
YIROS WRAP	\$6.00
Lamb Yiros, Lettuce, Tomato, Cucumber, Cheese, Garlic sauce	

DRINKS

MILK DRINKS

SMALL OAK (Box) 250ml	\$1.80
Chocolate	
Strawberry	
LARGE OAK (Bottle) 300ml	\$2.20
Chocolate	
Strawberry	
Vanilla	
NIPPYS ICED MILK 250ml (R-6)	\$2.50
375ml (7-12)	\$3.00
Chocolate	
Honeycomb	



UP & GO	\$2.20
Banana	
Strawberry	
Chocolate	
Vanilla	

WATER

WATER 600ml	\$1.20
1.5L	\$2.50

THE CANTEEN MENU AIMS TO
PROVIDE HEALTHY AND
NUTRITIOUS FOOD AND DRINKS
CONSISTENT WITH THE DECS
RIGHT BITE HEALTHY
EATING GUIDE

DRINKS

JUICE

JUST JUICE FRUIT BOX 200ml	\$1.80
Orange	
Apple	
Apple-blackcurrant,	
Paradise Punch (tropical)	
HARVEY FRESH JUICE 250ml	\$2.20
Orange	
Apple	
Apple-blackcurrant	
NIPPYS JUICE 500ml (Yr7-12 only)	\$3.20
Unsweetened Orange	
Apple	
Apple-blackcurrant	

SLUSHIES Various flavours
\$1.00 (R-6 only) / \$1.80
(Not Available in lunch bags)



SNACKS

Red Rock Chips	\$1.50
JJs Rice Snacks	\$1.20
Grainwaves	\$1.20
Popcorn	\$1.00
Mamee Noodles	80c
Tiny teddies	80c
BBQ or Pizza Shapes	80c
Butter Menthols Sml	\$2.00/Lge \$2.50



SNACKS

DAIRY

YOGHURT	\$2.00
Strawberry, Vanilla	
BEGA STRINGERS	\$1.00

FRUIT

GOULBURN VALLEY FRUIT	
SALAD TUB	\$1.50
FRESH FRUIT SALAD Sml	\$2.50
Med	\$3.50
Lge	\$4.50
FRESH FRUIT	\$1.50
Apple, Banana, Pear, Orange, Kiwi	



FRESHLY BAKED

FINGERBUN	\$2.00
Buttered or plain	
1/2 Fingerbun	\$1.00
HOMEMADE MUFFIN	\$1.00
Mini Muffin	.50c
CHOCOLATE BISCUIT	\$1.00

RECESS

(can also be ordered for lunch)

BUTTERED ROLL	\$1.20
PIZZA POCKET	\$2.00
TOASTIES	\$1.50/\$2.00
PIZZA SCROLL	\$2.50
NACHOS	\$3.50
BACON & EGG MUFFIN	\$2.50

ICE BLOCKS & ICECREAMS

Not available in lunchbags

QUELCH (R-6 only)	50c
MONY (R-6 only)	80c
FRUIT JUICE PUSH UPS	80c
OJ CUP	\$1.00
MOOSIES	\$1.20
ICY TWIST	\$1.20
MINI CALLIPO	\$1.00
PADDLE POPS	\$1.50
GOLDEN NORTH ICECREAM	\$1.50
FROZEN YOGHURT	\$2.00
MILO SCOOP SHAKE	\$3.00



Come in and help us out!
Your kids will love you for
it.

FREE LUNCH and DRINK
supplied

