



Kadina Memorial School Canteen Menu

SUMMER —Term 4 2019 & Term 1 2020

Canteen Manager Vicki Hartleib Ph: 88211254 Mobile 0419866471

(g) gluten free (v) vegetarian (d) dairy free. Options available upon request (please specify dietary requirements on bag)



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)(d)</p> <p>Rice paper rolls with Asian drizzle</p> <p>\$1.50 each</p>	<p>PIZZA - Ham & Pineapple Cheese and Bacon Supreme \$3.00</p> <p><u>MEAL DEAL</u> Pizza & Juice or Oak \$5.50</p> <p>WEDGES \$3.00 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 Juice or Oak)</p> <p>Mini Dog with sauce \$1.00</p>	<p>SUSHI ROLL Chicken with Cucumber & Capsicum(g) or Vegetarian with Cucumber, Carrot, and Capsicum (v)(g)(d) \$3.50</p> <p>Smoked Salmon & Avocado \$4.50</p>

SENSATIONAL SALADS

JUNIOR SALAD (v)(g) Lettuce, Cucumber sticks, Carrot sticks, Celery sticks, Cheese chunks, and Cherry tomatoes.	\$3.00
GARDEN SALAD (v)(g) sml \$2.50, lg \$4.00 Lettuce, Cherry Tomato, Cucumber, Capsicum, Carrot, plus Mayo or Vinaigrette	
CHICKEN CAESAR SALAD BOX (v)(g) Chicken, Egg, Parmesan Cheese, Bacon, Crou-tion, Cos Lettuce & our own Caesar Dressing	\$6.50
CHARGRILLED PEACH, ZUCCHINI and BABY SPINACH SALAD with Cherry tomato and Red onion Add Chicken	\$5.50 \$6.50
NICOISE SALAD Cos Lettuce, Potato, Beans, Cherry Tomato, Tuna, Egg and Kalamata Olives	\$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) Add 2 Chicken Tenders	\$3.50 \$6.00
QUICHE Ham, Cheese, Tomato Add Garden Salad	\$3.00 \$5.00
ZUCCHINI SLICE Add Garden Salad	\$4.00 \$6.00
COCONUT CHICKEN CURRY (v)(g)(d) with rice	\$6.00
CHICKPEA & PUMPKIN SATAY (v) with rice (contains Peanut butter)	\$5.50

HOT FOOD

SNACK PIE	\$1.50
HASH BROWN (v)	\$1.00
CHIKO ROLL	\$3.00
CRUMBED FISH FILLET Add lemon 50c or tartare 50c	\$2.80
SAUSAGE ROLL	\$3.00
BEEF PIE	\$4.00
POTATO PIE	\$4.50
VEGETABLE PASTY (v)	\$4.50
HOT HAM & CHEESE ROLL	\$4.00
2min CHICKEN NOODLES (orders only)	\$2.50
PIZZA SCROLL	\$2.50

NUGGETS AND WEDGES

MEAL DEALS

CHICKEN WEDGES MEAL DEAL -4 Chicken Wedges & Bottle Juice or Oak ***Extra wedges 90c ea or 4 for \$3.50***	\$6.00
CHICKEN NUGGETS MEAL DEAL -4 Chicken Nuggets, Sauce & Bottle Juice or Oak -4 Nugget Dipping Pack, Bread & Sauce ***Extra nuggets 80c ea or 4 for \$3.00***	\$5.00 \$3.50
NUGGET BEACHBOX -4 nuggets, Junior Salad, Free Quelch	\$5.00

HOMEMADE PASTA

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	\$4.00
Junior Beef Burger w cheese & sauce	\$4.00
Mini Wrap w Crumbed chicken, tomato, Lettuce, and Mayo	\$4.00

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
Cheese toasted Sandwich	\$2.50

ROLLS

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

WRAPS (g) or BAGUETTES

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

MEAT CHOICES: Ham, Chicken, Turkey, Tuna

Or Roast Beef

SALAD/EXTRA CHOICES: 30c each

Lettuce, Tomato, Cucumber, Carrot, Cheese, Cream Cheese, Pineapple, Gherkin, Beetroot, Onion

Avocado or Egg add 50c

BRILLIANT BURGERS

CLM - Chicken Burger, Lettuce & Mayo	\$5.00
BLT - Chicken Burger, Bacon, Lettuce & Tomato	\$5.50
LEAN MEAN BEEF BURGER - Beef Burger, Lettuce, Tomato, Cucumber, Carrot, Cheese & Sauce	\$5.50

WILD WRAPS

CHICKEN CAESAR WRAP (v) Chicken, Bacon, Parmesan Cheese, Lettuce, Caesar Dressing	\$6.00
FISH WRAP Fish, Lettuce, Tomato, Cucumber, Tartare	\$6.00
CHICKEN TENDER WRAP Chicken tenders, Lettuce, Tomato, Mayo	\$6.00
YIROS WRAP Lamb Yiros, Lettuce, Tomato, Cucumber, Cheese, Garlic sauce	\$6.50

DRINKS

MILK DRINKS

OAK Box 250ml \$2.00
Chocolate
Strawberry

OAK Bottle 300ml \$2.50
Chocolate
Strawberry
Vanilla

NIPPYS ICED MILK 375ml \$3.20
(Year 7-12 only)
Chocolate
Honeycomb



UP & GO \$2.20
Banana
Strawberry
Chocolate
Vanilla

WATER

WATER 600ml \$1.00
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

NIPPYS FRUIT BOX 250ml \$2.00
Orange
Apple
Apple-blackcurrant
Tropical

NIPPYS JUICE 300ml \$2.50
Unsweetened 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 (NEW SIZE) 60c
Mamee Noodles 80c
Tiny teddies 80c
BBQ or Pizza Shapes 80c
Butter Menthols Sml \$2.50/Lge \$3.00



SNACKS

DAIRY

YOGHURT Fruche \$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 Bread \$1.50
Roll \$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
OJ CUP \$1.00
JUICIES Tropical or Wildberry \$1.00
MOOSIES Chocolate or Blue Moon \$1.20
ICY TWIST \$1.20
MINI CALLIPO \$1.00
PADDLE POPS Chocolate or Rainbow \$1.50
GOLDEN NORTH ICECREAM \$1.50
FROZEN YOGHURT Strawberry or Mango \$2.00



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

FREE LUNCH and DRINK
supplied

