



# Kadina Memorial School Canteen Menu

## SUMMER —Term 4 2022 & Term 1 2023

Canteen Manager Jeanette Waters Ph: 8821 1254 Mobile 0488222699

(g) gluten free (v) vegetarian (d) dairy free. Options available upon request (please contact Canteen for more info)



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BAKED POTATO</u> (v) Hawaiian- Ham Pineapple Cheese</p> <p>OR</p> <p>Bolognaise- Bolognaise Sauce, Cheese</p> <p>\$6.00</p> <p>Coleslaw extra 80c Sour cream extra 80c</p>	<p>To be advised</p>	<p><u>PIZZA</u> - Ham &amp; Pineapple, Cheese and Bacon, Supreme</p> <p>\$4.00</p> <p><u>MEAL DEAL</u></p> <p>Pizza &amp; BOX drink \$6.00</p>	<p><u>HOT DOG</u></p> <p>Tomato Sauce, BBQ, Mustard or No Sauce \$4.00 Cheese and Sauce \$4.50</p> <p><u>MEAL DEAL</u></p> <p>Hot dog w Sauce \$6.00 or Cheese &amp; Sauce \$6.50 (with BOX drink) Half hotdog with sauce \$2</p>	<p><u>BURGER &amp; DRINK DEAL</u></p> <p>Chicken, lettuce, mayo Or Beef, Cheese &amp; Sauce With BOX Drink</p> <p>\$7.50</p>

### SENSATIONAL SALADS

- JUNIOR SALAD (v)(g) \$4.50  
Lettuce, Cucumber sticks, carrot sticks, celery sticks, cheese chunks, and cherry tomatoes.
- GARDEN SALAD (v)(g) \$4.50  
Lettuce, Cherry Tomato, Cucumber, Celery Capsicum, Carrot, & Vinaigrette
- GARLIC LEMON LAMB salad with Fetta, & Tzatziki \$7.50
- THAI BEEF with red cabbage, tomato, cucumber, Crispy noodles & Sesame Dressing \$7.50
- CAESAR BOWL with Chicken, Egg, Parmesan, Bacon, Cos Lettuce, Caesar Dressing \$7.50

### DRESSINGS AVAILABLE:

- Vinaigrette, Mayo. ....extra 50c  
Caesar, Tartare ..... extra 80c

### SAUCES AVAILABLE:

- Tomato, BBQ, American Mustard, Soy,  
Sweet Chilli .....extra 50c  
Sour Cream, Salsa. ....extra 80c

### HOT MEALS

- FRIED RICE (v)(g) \$4.00  
Add 2 Chicken Tenders \$7.00  
QUICHE Ham, Cheese, Tomato \$3.50  
Add Garden Salad \$7.00  
COCONUT CHICKEN CURRY (g)(d)  
with rice \$6.50  
PUMPKIN & CHICKPEA SATAY (g)(d)(v)  
with rice \$6.50

\*\*ORDER ONLINE TODAY\*\*



### HOT FOOD

- SNACK PIE \$1.50  
HASH BROWN (v) \$1.50  
CRUMBED FISH FILLET \$3.00  
Add lemon 50c or tartare 50c  
SAUSAGE ROLL \$3.50  
BEEF PIE \$5.00  
VEGETABLE PASTY (v) \$5.00  
HOT HAM & CHEESE ROLL \$5.00  
2min CHICKEN NOODLES (orders only) \$3.00  
PIZZA SCROLL \$3.00

### NUGGETS AND WEDGES

#### MEAL DEALS

- CHICKEN WEDGES MEAL DEAL  
-4 Chicken Wedges & Juice or Oak \$6.50
- CHICKEN NUGGETS MEAL DEAL  
-4 Chicken Nuggets, Sauce & Box drink \$6.00  
-4 Nugget Dipping Pack, Bread & Sauce \$4.00

### HOMEMADE PASTA

- Macaroni & Cheese (v) \$3.50  
Spaghetti Bolognaise \$5.00  
Beef Lasagne \$5.00  
Vegetable Lasagne (v) \$6.00

### JUNIORS only (Rec-Yr6)

- Junior Ham & Cheese Roll \$4.00  
Junior Chicken Burger w lettuce & mayo \$5.00  
Junior Beef Burger w cheese & sauce \$5.00  
Wrap w Crumbed chicken, tomato,  
lettuce, and Mayo Mini \$5.00  
Large \$6.50
- Junior Beachbox  
-4 nuggets, junior salad and FREE quelch ice-  
block \$7.00

### SANDWICHES (g)

- White, Multigrain (incl. 3 fillings) \$4.50  
\*\*Add Salad—Let/Tom/Cuc/Carrot \$5.00  
Cheese or Vegemite Sandwich \$3.00  
Ham & Cheese Sandwich \$4.00  
Cheese toasted Sandwich \$2.50

### ROLLS

- White or Multigrain (incl. 3 fillings) \$5.00  
\*\*And Salad—Let/Tom/Cuc/Carrot \$5.50

### WRAPS (g) or BAGUETTES

- White only (incl. 3 fillings) \$5.00  
\*\*And Salad—Let/Tom/Cuc/Carrot \$5.50

MEAT CHOICES: Ham, Chicken, Turkey, Tuna  
Or Roast Beef

SALAD/EXTRA CHOICES: 50c each  
Lettuce, Tomato, Cucumber, Carrot, Cheese,  
Pineapple, Gherkin, Beetroot, Onion  
\*\*Avocado or Egg add 80c\*\*

### BRILLIANT BURGERS

- Chicken Burger with lettuce/mayo \$5.50  
Or Bacon, Lettuce & Tomato \$6.00  
Or Cheese & Sauce \$5.50  
Beef Burger with lettuce/tomato/cheese/  
sauce \$6.00  
Or Cheese & Sauce \$5.50

### WILD WRAPS

- CHICKEN CAESAR WRAP (v) \$7.00  
Chicken, Bacon, Parmesan Cheese, Lettuce,  
Caesar Dressing
- FISH WRAP \$7.00  
Fish, Lettuce, Tomato, Cucumber, Tartare
- CHICKEN TENDER WRAP \$7.00  
Sweet chilli tenders, Lettuce, Tomato, Mayo
- YIROS WRAP \$7.50  
Lamb Yiros, Lettuce, Tomato, Cucumber,  
Cheese, Garlic sauce

## DRINKS

### MILK DRINKS

OAK BOX 250ml Chocolate Strawberry	\$2.50
NIPPYS ICED MILK 250ml Chocolate Strawb Honeycomb	\$2.50
NIPPYS ICED MILK 375ml (Year 7-12 only) Chocolate Honeycomb	\$3.50



UP & GO Banana Strawberry Chocolate Vanilla	\$2.80
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### WATER

WATER 600ml	\$1.50
1.5L	\$3.00

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 Orange Apple Apple-blackcurrant	\$2.50
NIPPYS LONG LIFE JUICE 350ml Orange Apple Apple-blackcurrant	\$3.50



**SLUSHIES Various flavours**  
**\$1.00 (R-6 only) / \$2.00**  
**(Not Available in lunch bags )**

### SNACKS

Red Rock Chips	\$1.50
JJs Rice Snacks	\$1.50
Grainwaves	\$1.50
Popcorn	\$1.00
Mamee Noodles	\$1.00
Tiny teddies	\$1.00
BBQ or Pizza Shapes	\$1.00
Butter Menthols Sml	\$2.50/Lge \$3.00



## SNACKS

### DAIRY

YOGHURT Strawberry, Vanilla	\$2.50
BEGA STRINGERS	\$1.50

### FRUIT

GOULBURN VALLEY FRUIT SALAD TUB	\$1.50
FRESH FRUIT SALAD	\$3.50
FRESH FRUIT Apple, Banana, Pear, Orange, Kiwi	\$1.50



### FRESHLY BAKED

FINGERBUN Buttered or plain	\$2.00
1/2 Fingerbun	\$1.00
HOMEMADE MUFFIN	\$1.50
Mini Muffin	.80c
CHOCOLATE BISCUIT	\$1.50

### RECESS

(can also be ordered for lunch)

PIZZA POCKET	\$3.00
TOASTIES Bread Roll	\$2.00 \$2.50
PIZZA SCROLL	\$3.00
NACHOS	\$4.00
BACON & EGG MUFFIN	\$3.00
BUTTERED ROLL	\$1.00

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

FREE LUNCH and DRINK  
supplied



### ICE BLOCKS & ICECREAMS

**Not available in lunchbags**

QUELCH (R-6 only)	80c
OJ CUP	\$1.00
JUICIES Varied	\$1.00
MOOSIES Chocolate or Blue Moon	\$1.50
ICY TWIST	\$1.50
MINI CALLIPO	\$1.50
GOLDEN NORTH ICECREAM	\$2.00
FROZEN YOGHURT Varied	\$2.50

