



# Kadina Memorial School Canteen Menu

## SUMMER —Term 4 2023 & Term 1 2024

Canteen Manager Jeanette Waters Ph: 88211254 Mobile 0488 222 699

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>BAKED POTATO (v)</b> Hawaiian- Ham Pineapple Cheese OR Bolognaise- Bolognaise Sauce, Cheese OR Pizza  \$6.50  Coleslaw extra 80c Sour cream extra 80c	<b>PIZZA</b> - Ham & Pineapple, Cheese & Bacon, Supreme  \$4.00  <b>MEAL DEAL</b>  Pizza & BOX drink \$6.00	<b>SUSHI ROLL</b> Chicken with Cucumber & Capsicum (g) Or Vegetarian with Cucumber, Carrot & Celery (v)(g)(d) \$4.00 Smoked Salmon with Avocado Or Tuna with Cucumber \$5.00	<b>HOT DOG</b> Tomato Sauce, BBQ, Mustard or No Sauce \$4.00 Cheese and Sauce \$4.50  <b>MEAL DEAL</b> Hot dog w Sauce \$6.00 or Cheese & Sauce \$6.50 (with BOX drink) Half hotdog with sauce \$2	SPINACH AND RICOTTA CANNELLONI Serve of 3  \$5.00  Add Garden salad or Junior Salad for Extra \$4.50

### SENSATIONAL SALADS

<b>JUNIOR SALAD (v)(g)</b>	\$4.50
Lettuce, Cucumber sticks, carrot sticks, celery sticks, cheese chunks, and cherry tomatoes.	
<b>GARDEN SALAD (v)(g)</b>	\$4.50
Lettuce, Cherry Tomato, Cucumber, Celery Capsicum, Carrot, & Vinaigrette	
<b>CAESAR BOWL</b>	\$7.50
Chicken, Egg, Parmesan, Bacon, Cos Lettuce, Caesar Dressing	
<b>GREEK SALAD (v)(g)</b>	\$6.50
Cos lettuce, cherry tomatoes, cucumber, red onion, fetta and olives with dressing	
Add 3 Falafel	\$9.00

### 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

<b>FRIED RICE (v)(g)</b>	\$4.00
Add 2 Chicken Tenders	\$7.00
<b>QUICHE</b> Ham, Cheese, Tomato	\$3.50
Add Garden Salad	\$7.00
<b>COCONUT CHICKEN CURRY (g)(d)</b>	
with rice	\$7.50
<b>PUMPKIN &amp; CHICKPEA SATAY (g)(d)(v)</b>	
with rice	\$7.50
<b>TUNA MORNAY</b> with Penne Pasta	\$7.50

### HOT FOOD

<b>SNACK PIE</b>	\$2.00
<b>HASH BROWN (v)</b>	\$1.50
<b>CRUMBED FISH FILLET</b>	\$3.00
Add lemon 50c or tartare 50c	
<b>SAUSAGE ROLL</b>	\$3.50
<b>BEEF PIE</b>	\$5.50
<b>VEGETABLE PASTY (v)</b>	\$5.50
<b>HOT HAM &amp; CHEESE ROLL</b>	\$5.50
<b>2min CHICKEN NOODLES</b>	\$3.50
<b>PIZZA SCROLL</b>	\$3.00
<b>HAM &amp; CHEESE CROISSANT</b> toasted or Heated	\$4.00

### NUGGETS AND WEDGES

#### MEAL DEALS

<b>CHICKEN WEDGES MEAL DEAL</b>	
-4 Chicken Wedges & Juice or Oak	\$6.50
<b>CHICKEN NUGGETS MEAL DEAL</b>	
-4 Chicken Nuggets, Sauce & Box drink	\$6.00
-6 Chicken Nuggets, Sauce & Box drink	\$8.00
-8 Chicken Nuggets, Sauce & Box drink	\$10.00
-4 Nugget Dipping Pack, Bread & Sauce	\$4.00
<b>Junior Beachbox</b>	
-4 nuggets, junior salad and FREE quelch ice-block	\$8.00

### HOMEMADE PASTA

<b>Macaroni &amp; Cheese (v)</b>	\$3.50
<b>Spaghetti Bolognaise</b>	\$5.50
<b>Beef Lasagne</b>	\$5.50
<b>Vegetable Lasagne (v)</b>	\$6.50

### JUNIORS only (Rec-Yr6)

<b>Junior Ham &amp; Cheese Roll</b>	\$4.00
<b>Junior Chicken Burger</b> w lettuce & mayo	\$5.00
<b>Junior Beef Burger</b> w cheese & sauce	\$5.00
<b>Wrap w Crumbed chicken, tomato, lettuce, and Mayo</b>	
Mini	\$5.50
Large	\$7.50

### SANDWICHES (g)

<b>White, Multigrain (incl. 3 fillings)</b>	\$4.50
<b>Cheese or Vegemite Sandwich</b>	\$3.00
<b>Ham &amp; Cheese Sandwich</b>	\$3.50
See below for cost of extra fillings	

### ROLLS

<b>White or Multigrain (incl. 3 fillings)</b>	\$5.00
<b>Turkish Bread (inc 3 fillings)</b>	\$6.00
See below for cost of extra fillings	

### WRAPS (g) or BAGUETTES

<b>White only (incl. 3 fillings)</b>	\$5.00
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See below for extra cost of fillings

**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

<b>Chicken Burger</b> with lettuce/mayo	\$6.00
<b>Or Bacon, Lettuce &amp; Tomato</b>	\$6.50
<b>Or Cheese &amp; Sauce</b>	\$6.00
<b>Beef Burger</b> with lettuce/tomato/cheese/sauce	\$6.50
<b>Or Cheese &amp; Sauce</b>	\$6.00

**BURGER DEAL**— Burger and box drink \$8.00

Chicken, Lettuce & Mayo or Beef, Cheese & Sauce & box drink

### WILD WRAPS

<b>CHICKEN CAESAR WRAP (v)</b>	\$7.50
Chicken, Bacon, Parmesan Cheese, Lettuce, Caesar Dressing	
<b>FISH WRAP</b>	\$7.50
Fish, Lettuce, Tomato, Cucumber, Tartare	
<b>CHICKEN TENDER WRAP</b>	\$7.50
Sweet chilli tenders, Lettuce, Tomato, Mayo	
<b>YIROS WRAP</b>	\$8.50
Lamb Yiros, Lettuce, Tomato, Cucumber, Cheese, Garlic sauce	



## DRINKS

### MILK DRINKS

OAK BOX 250ml Chocolate Strawberry	\$2.50
NIPPYS ICED MILK 250ml Chocolate Strawberry Honeycomb	\$2.50
BLUEYS MILKS 250ML Chocolate Strawberry	\$2.50
NIPPYS ICED MILK 375ml (Year 7-12 only) Chocolate Honeycomb	\$3.50
UP & GO Banana Strawberry Chocolate Vanilla	\$2.80

### 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..80



## SNACKS

### DAIRY

YOGHURT Raspberry, 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
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	\$4.50
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

