

SUMMER MENU 2021/22



All items on this menu fit into the **GREEN** or **AMBER** sections of the Right Bite Food Spectrum which can be found on the Department for Education website.

Reduced or low fat products are used throughout the menu where possible, and all fruit and vegetables are fresh.

Lunch orders can be placed in your child's classroom lunchbox, or made online via the QKR app.

Orders must be submitted by 9am

Canteen Phone: 0428 938 979. Text messages cannot be responded to.

**PLEASE REMEMBER THAT THE CANTEEN OFFERS TWO DIFFERENT MENUS –
“MONDAY TO THURSDAY” AND A SEPARATE FRIDAY MENU**

FROM THE OVEN (Mon - Thurs)

PASTA BOLOGNAISE	\$4.50
PASTA BOLOGNAISE GF DF	\$5.00
MACARONI CHEESE V	\$4.50
MACARONI CHEESE GF V	\$4.50
BUTTER CHICKEN & RICE GF	\$5.00
VEGETABLE LASAGNE V	\$5.00
GARLIC ROLL V	50c
Half a hot dog roll served warm	

HOT DOG

- plain	\$3.50
- with cheese	\$4.00

TREASURE CHESTS \$5.00

Served with potato gems and your choice of chicken dinosnacks or nuggets **GF**

ADD SAUCE... .30c

Tomato, BBQ, sweet chilli, mayonnaise or mustard



SALAD BOWLS (Everyday)

GARDEN	\$4.00
Lettuce, carrot, cucumber, tomato and cheese	
PASTA SALAD GF	\$4.00
pasta with ham, corn & mayonnaise (GF option available)	
SUSHI BOWL V GF DF	\$5.00
rice, nori, carrot, cucumber, lettuce sesame seeds, kewpie mayo and soy sauce	
ADD chicken	\$1.00
ADD tuna	\$1.00

SANDWICHES (Everyday)

BUTTERED ROLL	\$1.00
VEGEMITE	\$2.00
CHEESE	\$2.50
CHEESE & VEGEMITE	\$2.50
CHEESE & TOMATO SAUCE	\$2.50
HAM & CHEESE	\$3.50
SALAD	\$4.00
Lettuce, tomato, cucumber and carrot	

Want cheese, egg, beetroot or gherkin?...add 50c

Want tuna, ham or chicken?...add \$1.00

Put it in a roll or on a wrap...add 50c

Gluten free bread available... add \$1.00

Toasting available, no charge

SNACKS (Everyday)

POPCORN, lightly salted	.30c
BOILED EGG	.50c
FRUIT NUGGETS GF V Dehydrated berry bites	.50c
HONEY CRACKLE	.80c
FRESH MUFFINS Milo or apple and sultana	.80c
CHOCOLATE CHIP COOKIE (GF option available - \$3.00)	\$1.00
JELLY CUP	\$1.00
CHEESE & CRACKERS	\$1.50
HUMMUS DIP GF V with carrot sticks	\$1.50
FRUIT SALAD ADD vanilla yogurt	\$3.00 .50c

WRAPS & BURGERS (Mon - Thurs)

CHICKEN TENDER WRAP Tender chicken pieces with lettuce and Mayonnaise (half wrap available \$3.00)	\$5.00
CAESAR SALAD WRAP Lettuce, bacon, parmesan, egg and a Caesar dressing	\$5.00
FALAFEL WRAP V Falafels, lettuce, tomato, hummus and a garlic aioli	\$5.00
RAINBOW WRAP V Lettuce, carrot, cucumber, tomato and cheese GF option available	\$4.50 ADD \$1.00
FISH BURGER Tender fish pieces with lettuce, carrot and tartare sauce	\$5.00
BEEF BURGER Angel Bay beef pattie with lettuce, tomato, cheese and tomato sauce	\$5.00
CHICKEN BURGER Crumbed chicken with lettuce, cheese and mayonnaise	\$5.00
VEGE BURGER V DF Vegetable pattie with lettuce and tomato relish	\$4.50

THIRST QUENCHERS (Everyday)

PLAIN LIGHT MILK 200ml	\$1.20
FLEURIEU MILK 300ml Chocolate or strawberry	\$2.30
WATER 600ml	\$1.50
HARVEY FRESH JUICE 200ml Apple, orange or apple and blackcurrant	\$2.00
UP & GO 250ml strawberry, chocolate, vanilla or banana	\$2.50
ICE TEA 250ml peach or raspberry	\$2.00



FRIDAY SPECIALS

Mrs. Macs approved school range...	
SAUSAGE ROLL	\$3.00
HALAL SAUSAGE ROLL	\$3.50
CRUIZER BEEF PIE	\$4.30
POTATO TOP MEAT PIE	\$5.00
VEGETARIAN PASTIE V	\$4.30
HOME MADE PIZZA - cheese	\$3.50
- ham and pineapple	\$4.00
MACARONI CHEESE V	\$4.50
MACARONI CHEESE GF V	\$4.50
BUTTER CHICKEN & RICE GF	\$5.00
PASTA BOLOGNAISE	\$4.50
PASTA BOLOGNAISE GF DF	\$5.00
VEGETABLE LASAGNE V	\$5.00



Enjoy 😊