

Kristy's Canteen

Winter Menu 2018

Open Wed-Friday from 8am-2pm

EVERYDAY LUNCHTIME MENU

SANDWICHES

✓ Choice of Fresh or Toasted Sandwich on White, Brown, Wholegrain or Gluten Free Bread

✓ **Base Sandwich \$3.50**
(Choice of Ham or Chicken or Tuna or Egg/Curried Egg or Vegemite or Cheese)

Additional Toppings

✓ Salad \$1.00
(Lettuce, tomato, carrot and cucumber)
✓ Cheese \$0.50
✓ Gluten Free Bread \$1.00

HOMEMADE WARM MEALS

✓ Pasta Bolognese with garlic bread \$4.50
(Lean beef and vegetables)
✓ Gluten Free Pasta Add \$1.00
✓ Macaroni and Cheese \$4.50
✓ Tuna Bake \$4.50
✓ Soup of the Day \$3.50
(Served with a warm dinner roll)

SALAD BOWLS

✓ Garden Salad \$3.50
✓ Ham and Salad \$4.00
✓ Tuna and Salad \$4.00
✓ Chicken and Salad \$4.50
✓ Chicken Caesar Salad (with egg, bacon, croutons and Caesar Dressing) \$5.00

HOT ROLLS

✓ Hambo Roll (warm ham and cheese) \$4.00
✓ Pizza Roll (pizza sauce, ham, cheese) \$4.50
✓ Chicken Roll (chicken and mayo) \$4.50

DRINKS

✓ Bottled Water 600ml \$2.00
✓ Nippy's Orange Juice 250ml \$2.00
✓ Nippy's Apple Juice 250ml \$2.00
✓ Nippy's Chocolate Milk 250ml \$2.50
✓ Nippy's Strawberry Milk 250ml \$2.50

RECESS

✓ Cheesies \$1.00
✓ Veggie Stick Cups with Dip \$1.50
✓ Pikelets \$0.50
✓ Homemade Muffins \$1.00
✓ Noodle Snacks \$0.50
✓ Popcorn \$0.50
✓ Fruit Toast \$0.50
✓ Seasonal Fruit \$1.00
✓ Potato Gems (10 in pack) \$1.00
(Limit 1 pack per child)

LUNCHTIME TREATS

✓ Squelch 99% Fruit Juice Icy Pole \$0.50
✓ Jelly and Custard Cup \$1.00
✓ Split \$0.50
✓ Choc Pops \$1.00
✓ Paddle Pops \$1.50
(Split, Choc Pops and Paddle Pops only when available)

**Amber treats are limited - 1 per child total per day

DAILY SPECIAL'S

WEDNESDAY

✓ Beef Nacho's \$4.50
(Lean beef and low fat cheese)
✓ Healthy Eating Sausage Roll \$2.00
✓ Healthy Eating Snack Pie \$2.00
✓ Healthy Eating Meat Pie \$3.50
Tomato Sauce \$0.50

THURSDAY

✓ **Homemade Pizza \$4.50**
(Pizza base, Pizza sauce, Ham and Cheese)
✓ **Additional Toppings \$0.50 ea**
(Chicken or Bacon or Pepperoni or Pineapple)
✓ Hotdog \$4.00
✓ Hotdog with cheese \$4.50

FRIDAY

✓ Lean Beef Burger \$4.50
(Lean beef patty, lettuce, tomato, and sauce)
✓ Crumbed Chicken Burger \$4.50
(Crumbed chicken patty, lettuce and mayo)
✓ Cheese (on either burger) \$0.50

PLEASE NOTE

- We follow the school canteen traffic light system
✓ = everyday ✓ = moderation.
- All dairy products are reduced fat.
- Unfortunately we do not accept personal credit.
- Any queries or suggestions are welcome. Please contact Gill on 0452007118 between Wed-Fri from 8am-2pm.
- Although we offer gluten free alternatives this is not a gluten free canteen. Whilst all care will be used in preparation of your child's meal, we cannot ensure that cross contamination will not occur.