

# Kingsgrove Public School Canteen Menu



## Breakfast Menu

(Available daily from 8.15am)

½ Jaffle toasted reduced fat cheese	\$1.00
Fresh fruit (basket)	\$1.00
Fresh Fruit Slices <b>(seasonal)</b>	.80c
Muesli Yoghurt with fresh fruit cup	\$2.50
Muffins sml - <i>Freshly made</i> (Banana/Blueberry)	\$1.50
Plain toast with butter/Vegemite	.80c
<b>Potato Triangles/hash browns</b>	\$1.50
Just Juice Fruit Juice 99% (Orange, Apple)	\$2.00
Milo Hot Choc <i>(winter only)</i>	\$2.50
Moo Milk - Devondale Flavoured 250ml ( Chocolate /Strawberry)	\$2.00
Up and Go's (straw and choc)	\$2.50

## Sandwiches & Rolls

(Available recess/lunch on white and wholemeal bread)

Avocado	\$2.50
Cheese	\$2.50
Egg	\$3.00
Ham	\$3.50
Salad	\$4.50
Tomato & Cheese	\$3.00
Tuna	\$3.50
Vegemite	\$2.50
Extra - Toasted	.50c
<b>Extra Fillings –</b>	
<i>Meat:</i> Chicken, Ham,	\$1.00
Tuna	each
<i>Vegetarian:</i> Avocado,	.50c
Cheese, Carrot, Tomato	each



## Hot Food, Burgers & Wraps

(Lunch order only)

Char Grilled Chicken Burger with lettuce & light mayo(H)	\$5.50
Char Grilled Chicken Wrap with lettuce & light mayo(H)	\$5.50
<b>Chicken Nuggets (6 pieces) (H)</b>	\$3.60
Chicken Souvlaki Wrap with lettuce and tzatziki on pita bread <i>(Freshly made)</i>	\$6.50
<b>Chicken Yummy Drummy's</b>	\$1.50
Lamb Souvlaki wrap lettuce & tzatziki on Pita bread <i>(Freshly made)</i>	\$6.50
Lasagna (H)	\$5.50
<b>Noodles Beef/Chicken (H)</b>	\$3.00
Oven Bake Fish Fillets (H)	\$2.50
Oven Baked Fish Fillet Burger with lettuce & light mayo	\$5.50
Pizza Singles (H) Plain Cheese, Ham & Pineapple or Vegetarian <i>(Freshly made)</i>	\$4.50
<b>Sausage Roll</b>	\$3.00
Spaghetti Bolognaise	\$5.50

## Snack Food

(Available recess and lunch)

Bag of Fresh Carrot sticks	.80c
Garlic Bread slices	\$1.50
Cobs of Corn – <i>Fresh</i>	.80c
Cocktail Chicken Souvlaki <i>-Fresh</i>	\$3.50
Large lamb Souvlaki <i>- Fresh</i>	\$4.00
<i>Fresh</i> Fruit Slices	.80c
<b>Mini Beef Pies</b>	\$1.50
<b>Red Rock Deli Chips – Sea Salt</b>	\$1.50
<b>Ricotta Cheese triangles</b>	\$1.50
Popcorn - Sunbites	\$1.00



## Fresh Salad

(Available all day)

	Med	Lg
Caesar Salad	\$5.00	\$6.50
Garden Salad	\$5.00	\$6.50
Greek Salad	\$5.00	\$6.50
Fruit Salad	\$5.00	\$6.50
Noodle Salad	\$5.00	\$6.50
2x Rice Paper Wraps Plain	\$5.00	
2x Rice Paper Wraps Chicken	\$6.00	



Orange Coloured food/drinks with a health STAR Rating 3.5 and BELOW are Occasional Food – All others are Daily Food



**Option 1 Mon/Tue**  
\$6.00 (H)

Sushi  
Tuna or Vegetarian  
Juice  
or water

**Option 2**  
\$6.00

6 Chicken  
Nuggets  
Fresh Popcorn  
Juice or Water

**Option 3**  
\$7.00

Souvlaki Wrap  
Chicken or Lamb  
- with lettuce and  
tzatziki  
Juice or water

**Option 4**  
\$6.00 (H)

Char Grilled  
Chicken  
& lettuce wrap  
Juice or Water

**DEAL 5**  
\$6.00 (H)

Freshly made  
Pizza  
Vegetarian or  
Plain Cheese or  
Ham & Cheese  
Juice or Water

## Drinks & Treats

(Available recess and lunch)

99% <i>Fresh</i> Fruit Juice Slushy	
K-2 only	\$2.00
Glee Fruit Juice Cans	\$2.50
Flavoured Moo Milk (Chocolate /Strawberry)	\$2.00
Frozen Juice Cup (Orange & Apple)	\$1.00
Just Juice Fruit Juice 99% (Orange & Apple)	\$2.00

Water 600ml	\$2.00
Quench Super Doopers	\$1.00