

KARIONG PUBLIC SCHOOL

MENU

TERM 3 2022

**CHECK THE NOTICEBOARD &
FACEBOOK
FOR SPECIALS & MEAL DEALS**



Kariong Public School
Canteen



FRESH FRUIT & VEG SNACKS

Available every day

Cucumber Sticks	\$1.50
Carrot or Celery Sticks	\$1.50
Veg Combination Pack	\$1.50
Vege Sticks with Dip	\$2.50
Orange (cut if required)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Small Fruit Salad	\$3.00
Medium Fruit Salad	\$4.00
Medium Fruit Salad & Yoghurt	\$4.50
Medium Fruit Salad & Custard	\$4.50
Large Fruit Salad	\$5.00
Large Fruit Salad & Custard	\$5.50
Large Fruit Salad & Yoghurt	\$5.50

FROZEN SNACKS

Available every day

Quelch Stick	\$0.50
Frozen Juice Cup	\$1.00
Ice Mony Choc Lemon	\$1.00
Juicies	\$1.50
Low Fat Icecream Cup	\$1.50
Paddle Pop	\$2.00
Frozen Fruit Yoghurt	\$2.50
Frozen Yoghurt with Fruit Pieces	\$2.50



New items will be advertised on the Canteen Facebook Page



DRINKS

Available every day

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
1.5 Litre Spring Water	\$3.00
Light Sparkling Water	\$3.00
Juice Cup x 3 Flavours	\$1.00
Juice Bomb Sparkling Juice	\$3.00
Fruit Juice 250 ml	\$2.50
Milk (Plain) 300ml	\$2.00
Plain Milk with Siparh Straw	\$2.50
Milk (Flavoured) 300ml	\$2.70
Soy Milk	\$2.50
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Aloe Drinks 250 ml	\$3.50
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

COLD SNACKS

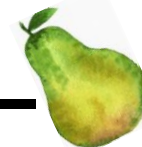
Available every day

Jelly	\$1.00
Plain Custard	\$1.00
Jelly & Custard	\$1.00
Jelly & Yoghurt	\$1.00
Jelly with Fresh Fruit	\$2.00
Jelly with Fresh Fruit & Custard	\$2.50
Chocolate Mousse	\$2.00
Low Fat Yoghurt	\$2.50
Yoghurt with Fruit Pieces	\$3.00

SNACK FOODS

Available every day

Cruskits (4) or Rice Cakes GF (4)	\$2.00
With Vegemite	\$2.50
With Cheese	\$3.00
With Avocado	\$3.00
Fruity Bites	\$1.00
Garlic Bread	\$2.00
Bread Sticks	\$0.50
Milo Wholegrain Cereal	\$1.00
Coco Bombs Cereal GF	\$1.00
Homemade ANZAC Cookies	\$1.60
Popcorn	\$1.60
Red Rock Deli Chips GF	\$2.00
Low Fat Muffins	\$2.00
Low Fat Slices	\$2.00
Banana Bread	\$2.50



Ordering information

Orders are preferred online at [Flexischools.com.au](https://flexischools.com.au) by 9.00am. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter and can be collected from the side window.

All possible care is taken when preparing Gluten Free Foods

KARIONG PUBLIC SCHOOL MENU

TERM 3 2022



SANDWICHES, ROLLS & WRAPS

Prepared fresh in the Canteen.
Available every day to order.

Ham or Chicken & Salad	\$5.00
Salad with Cheese	\$4.50
Salmon	\$4.00
Tuna	\$4.00
Chicken	\$4.00
Ham	\$4.00
Salad	\$4.00
Egg	\$4.00
Cheese	\$3.00
Vegemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

SANDWICH EXTRAS

Also available to add as extras to burgers and focaccias

Gluten Free Bread	\$1.00
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.50
BBQ, Mayo, Tomato or Sweet Chilli Sauce available	

FRESH SALADS

Available every day to order. Select from Set Salads or create your own

Caesar Salad	\$5.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	

Greek Salad	\$5.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	

Garden Salad	\$5.00
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing	

Pasta Salad	\$5.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	

Create Your Own Salad

Avocado	\$1.00
Bacon pieces	\$1.00
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0.50
Celery	\$0.50
Cheese – Tasty	\$1.00
Cheese – Parmesan	\$1.00
Cheese – Feta	\$1.00
Croutons	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Olives	\$0.50
Onion	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30



TOASTED TURKISH BREAD

Add to from Sandwich Extras List

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$4.50
Ham Cheese & Pineapple	\$5.00

BURGERS

Available every day to order. Plain or with sauce. Add to from Sandwich Extras

Beef	\$5.00
Fish,	\$5.00
Chicken	\$5.00
Vegie Burger	\$5.00
Any With Salad	\$6.50

PIZZA

Available every day to order

Ham & Pineapple	\$4.00
Ham	\$4.00
Vegetarian	\$4.00
Cheese	\$4.00
BBQ Chicken	\$4.00
GF Base	Extra \$1.00

GF = Gluten Free



HOT FOODS

Available every day to order

Yummy Drummies	\$1.00
Chicken Noodle Soup	\$2.00
Junior Beef Pie (Low Fat)	\$2.00
Garlic Bread	\$2.00
Boiled Rice GF	\$2.00
Cheese Pocket	\$2.00
Ham & Cheese Pocket	\$3.00
Chicken & Cheese Pocket	\$3.00
2 Minute Noodles	\$3.00
2 Minute Noodles GF	\$3.50
Toasties	From \$3.00
Hot Dog	\$3.00
Hot Dog with Cheese	\$4.00
Beef Pie (Low Fat)	\$4.00
Beef Pie GF	\$5.00
Sausage Roll (Low Fat)	From \$3.50
Sauce Sachets	\$0.30



HOMEMADE MEALS

Available every day to order

Honey Soy Chicken & Rice GF	\$5.50
Beef Nachos	\$5.50
Butter Chicken with Rice GF	\$5.50
Spaghetti Bolognaise	\$5.50
Chicken Caesar Toasted Wrap	\$5.50
Chicken Fried Rice GF	\$5.50
Vegetarian Pasta GF	\$5.50
Vegetarian Fried Rice GF	\$4.50
Vegetarian Nachos	\$4.00

A selection of additional fresh homemade meals will be made as **Specials** and advertised on the Canteen Noticeboard and Facebook.

