

Kariong Primary Canteen Menu

Check the noticeboard &
Facebook
for specials & meal deals

**Other foods will also be
made daily & available to
purchase over the
counter**



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	\$5.00
Medium Fruit Salad & Custard	\$5.00
Large Fruit Salad	\$5.00
Large Fruit Salad & Custard	\$6.00
Large Fruit Salad & Yoghurt	\$6.00

Frozen Snacks

Available every day

Quelch Stick	\$0.50
Frozen Juice Cup	\$1.00
Ice Mony Choc Lemon	\$1.00
Juicies Tubes	\$1.50
Low Fat Icecream Cup	\$2.00
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

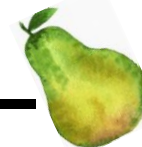
Available every day

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	\$2.20
Plain Milk with Sipahh Straw	\$3.00
Milk (Flavoured) Sml	\$3.00
Soy Milk	\$2.50
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Light Iced Tea	\$4.50
Aloe Drinks	\$4.50
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

Cold Snacks CM

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)	
With Vegemite	\$2.00
With Cheese	\$2.50
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	\$1.00
Popcorn	\$1.60
Red Rock Deli Chips GF	\$1.60
Low Fat Muffins	\$2.50
Low Fat Slice:	\$2.50
Banana Bread	\$2.50



Ordering information

Orders are preferred online via the Flexischools App 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 in the morning and can be collected from the end window.

Download the new Flexischools APP

***All possible care is taken when
preparing Gluten Free Foods***

Kariong Primary Canteen Menu



Term 1 2023

Sandwiches, Rolls & Wraps

Prepared fresh in the Canteen.

Available every day to order. **CM**

Ham & Salad	\$5.50
Chicken & Salad	\$5.50
Salad with Cheese V	\$5.50
Salmon	\$5.00
Tuna	\$5.00
Chicken	\$5.00
Ham	\$5.00
Salad	\$5.00
Egg	\$5.00
Cheese	\$4.00
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
Onion	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.50
BBQ, Mayo, Tomato or Sweet Chilli Sauce available free	

Fresh Salads

Available everyday to order. Select from set salads or create your own on Flexischools

Caesar Salad CM	\$6.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	

Greek Salad V CM	\$6.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	

Cheese Salad V CM	\$6.00
Lettuce, Tomato, Carrot., Capsicum, Celery, Cheese, Cucumber & Dressing	

Pasta Salad V CM	\$6.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	

Create Your Own Salad

Avocado	\$1.00
Bacon pieces	\$1.50
Beetroot	\$0.50
Capsicum	\$0.80
Carrot	\$0.50
Celery	\$0.50
Cheese – Tasty	\$1.50
Cheese – Parmesan	\$1.50
Cheese – Feta	\$1.50
Croutons	\$0.50
Cucumber	\$0.80
Egg	\$1.20
Lettuce	\$0.80
Olives	\$0.80
Onion	\$0.50
Pineapple	\$0.80
Tomato	\$1.00
Ham	\$1.50
Chicken	\$1.50
Salmon	\$1.50
Tuna	\$1.50
Sauce/Dressing Sachet	\$0.30



Toasted Focaccia Bread

Order on Flexischools to add your choice of fillings

Cheese	\$4.00
Chicken & Cheese	\$5.00
Ham & Cheese	\$5.00
Ham & Tomato	\$5.00
Chicken & Pineapple	\$5.00
Ham, Cheese & Tomato	\$5.50
Ham Cheese & Pineapple	\$5.50
Chicken & Avocado	\$5.50
Chicken, Cheese & Avocado	\$6.00

Burgers

Available every day to order. All with Lettuce & Sauce. Add to from Sandwich Extras

Beef & BBQ Sauce	\$5.50
Fish & Mayo	\$5.50
Chicken & Mayo	\$5.50
Veggie Burger & Mayo V	\$5.50
Any With Salad	\$6.50



Pizza

Available every day to order

Ham & Pineapple	\$4.50
Ham	\$4.50
Vegetarian V	\$4.50
Cheese V	\$4.00
BBQ Chicken	\$4.50
GF Base	Extra \$1.50

A wide selection of foods will be available for purchase **over the counter** for both breaks - but not necessarily all foods on the menu. Order online to ensure your choice is available.

Check the noticeboard & the Flexischools App for specials & meal deals
EFTPOS AVAILABLE

Hot Foods

Available every day to order

Mini Chicken Drumsticks	\$1.00
Junior Beef Pie (Low Fat)	\$2.00
Garlic Bread	\$2.00
Boiled Rice GF	\$2.00
Cheese Pocket V	\$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	\$3.50
Hot Dog with Cheese	\$4.00
Chicken Nuggets x 5 GF	\$4.50
Beef Pie (Low Fat)	\$4.00
Beef Pie GF	\$5.00
Sausage Roll (Low Fat)	\$3.50
Sauce Sachets	\$0.30

Homemade Meals **ALL CM**

Available every day to order

Honey Soy Chicken & Rice GF	\$6.00
Beef Nachos	\$6.00
Vegetarian Nachos V	\$6.00
Butter Chicken with Rice GF	\$6.00
Pasta Bolognese	\$6.00
Beef Burrito	\$6.00
Chicken Caesar Toasted Wrap	\$6.00
Chicken Fried Rice GF	\$5.00
Vegetarian Pasta GF V	\$5.00
Vegetarian Fried Rice GF V	

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

GF = Gluten Free CM = Canteen Made

