

## FRESH FRUIT & VEG SNACKS

Cucumber Sticks (V & CM)	\$1.50
Carrot or Celery Sticks (V & CM)	\$1.50
Veg Combination Pack (V & CM)	\$1.50
Vege Sticks with Dip (V & CM)	\$2.50
Orange (cut if required) (V & CM)	\$1.50
Apple (V & CM)	\$1.50
Watermelon (V & CM)	\$1.50
Small Fruit Salad (V & CM)	\$3.00
Sml. Fruit Salad with Yoghurt	\$4.00
Sml. Fruit Salad with Custard	\$4.00
Medium Fruit Salad (V & CM)	\$4.00
Med. Fruit Salad with Yoghurt	\$5.00
Med. Fruit Salad with Custard	\$5.00
Large Fruit Salad (V & CM)	\$5.00
Lge. Fruit Salad with Yoghurt	\$6.00
Lge. Fruit Salad with Custard	\$6.00

# KARIONG PS CANTEEN MENU ( TERM 1 2024)



@ KARIONG PUBLIC SCHOOL CANTEEN



## DRINKS

300ml Spring Water	\$1.50
600ml Spring Water	\$2.00
1.5L Spring Water	\$3.00
Lightly Sparkling Water	\$3.00
Juice Cup x 3 Flavours	\$1.00
Juice Bomb	\$3.00
Fruit Juice 250ml	\$3.00
Milk (Plain) 300ml	\$2.20
Soy Milk (Cup)	\$2.50
Sipahh Straw	\$0.80
Milk – Flavoured	\$3.00
Up & Go	\$3.00
Hot Chocolate – Small	\$3.00
Hot Chocolate – Large	\$4.00
Cold Milo Milk – Small	\$3.00
Cold Milo Milk - Large	\$4.00

## OTHER SNACKS

Cruskits (4) (V)	From \$3.00
Rice Cakes (4) (GF)	From \$3.00
Fruity Bites (V)	\$1.00
Bread Sticks (V)	\$1.00
Milo Wholegrain Cereal (V)	\$1.00
Coco Bombs Cereal (V & GF)	\$1.00
ANZAC Cookies (V & CM)	\$1.00
Popcorn (V)	\$2.00
Red Rock Deli Chips (GF)	\$2.00
Vege Crackers (V & GF)	\$2.00
Low Fat Muffins (V)	\$3.00
Low Fat Slices (V)	\$3.00
Finger Bun (V)	\$2.50
Banana Bread (V)	\$3.00
Cheese and Bacon Roll (V)	\$3.00

## FROZEN SNACKS

Quelch Stick	\$0.80
Frozen Juice Cup	\$1.00
Ice Mony	\$1.50
Moosie	\$2.00
Jucies Tubes	\$2.00
Low Fat Ice Cream Cup	\$2.50
Paddle Pop	\$3.00
Frozen Fruit Yoghurt	\$3.00
Frozen Yoghurt with Fruit Bits (CM)	\$3.50
Ice Pole	\$2.50

## COLD SNACKS

Jelly	From \$1.50
Plain Custard (V & CM)	\$1.50
Jelly and Custard (CM)	From \$1.50
Jelly and Yoghurt (CM)	From \$1.50
Jelly with Fresh Fruit (CM)	\$2.50
Jelly with Fruit & Cust. (CM)	\$3.00
Low Fat Chocolate Mousse (CM)	\$3.00
Low Fat Yoghurt (V & CM)	\$3.00
Yoghurt with Fruit Pieces (V & CM)	\$3.50

## HOW TO ORDER

ORDERS CAN BE MADE ONLINE VIA THE FLEXISCHOOLS APP BY 9.00AM. WHEN ORDERING, ITEMS MUST BE SELECTED FOR THE BREAK WHICH THEY ARE REQUIRED ( E.G. RECESS OR LUNCH)

ORDERS ARE ALSO ACCEPTED OVER THE COUNTER IN THE MORNING ( 30 CENT CHARGE FOR PAPER BAG) . LUNCH ORDERS ARE SENT TO CLASS IN THEIR LUNCH BASKET. RECESS ORDERS AND FROZEN FOODS CAN BE COLLECTED FROM THE CANTEEN.



**NEW ITEMS AND SPECIALS WILL BE ADVERTISED ON THE CANTEEN NOTICEBOARD & FACEBOOK PAGE**

CM = Canteen Made, V = Vegetarian, GF = Gluten Free (All possible care is taken when preparing GF foods)

# KARIONG PS CANTEEN MENU ( TERM 1 2024)



## SANDWICHES, ROLLS & WRAPS

**CUSTOMISE YOUR OWN SANDWICH, ROLL OR WRAP ON FLEXISCHOOLS OR CHOOSE FROM POPULAR OPTIONS BELOW! GF AVAILABLE**

**ALL SANDWICHES, ROLLS & WRAPS ARE MADE FRESH IN THE CANTEEN.**

Ham & Salad	\$6.00
Chicken & Salad	\$6.00
Salmon & Salad	\$6.00
Tuna & Salad	\$6.00
Egg & Salad	\$6.00
Salad with Cheese (V)	\$6.00
Salmon	\$5.00
Tuna	\$5.00
Chicken	\$5.00
Ham	\$5.00
Salad (V)	\$5.00
Egg	\$5.00
Cheese (V)	\$4.00
Vegetemite (V)	\$3.00
Buttered Sandwich or Roll	\$2.00

## FRESH SALADS

**CUSTOMISE OR BUILD YOUR OWN SALAD ON FLEXISCHOOLS OR CHOOSE FROM POPULAR OPTIONS BELOW!**

**ALL SALADS ARE MADE FRESH IN THE CANTEEN**

<b>Caesar Salad (CM)</b>	
Lettuce, Egg, Croutons, Bacon	\$6.00
Parmesan And Dressing	
<b>Greek Salad (V &amp; CM)</b>	
Lettuce, Capsicum, Tomato, Feta,	\$6.00
Onion, Cucumber, Olives & Dressing	

<b>Cheese Salad (V &amp; CM)</b>	
Lettuce, Tomato, Carrot, Capsicum,	\$6.00
Celery, Cheese, Cucumber & Dressing	

<b>Pasta Salad (V &amp; CM)</b>	
Pasta, Corn, Carrot, Capsicum,	\$6.00
Cherry Tomatoes & Dressing	

<b>Garden Salad (V &amp; CM)</b>	
Lettuce, Tomato, Cucumber, Carrot,	\$6.00
Capsicum, Celery And Dressing	

## PIZZA

Ham & Pineapple	\$5.00
Ham	\$5.00
Vegetarian (V)	\$5.00
Cheese (V)	\$5.00
BBQ Chicken	\$5.00
Any Pizza with GF Base	Extra \$1.50

## TOASTED TURKISH

**ORDER ON FLEXISCHOOLS TO CHOOSE YOUR FILLINGS OR CHOOSE FROM OPTIONS BELOW!**

Cheese (V & CM)	\$5.00
Chicken & Cheese (CM)	\$6.00
Ham & Cheese (CM)	\$6.00
Ham & Tomato (CM)	\$6.00
Chicken & Pineapple (CM)	\$6.00
Ham, Cheese & Tomato (CM)	\$6.50
Ham, Cheese & Pineapple (CM)	\$6.50
Chicken & Avocado (CM)	\$6.00
Chicken, Cheese & Avocado (CM)	\$6.50

## HOMEMADE MEALS

Honey Soy Chick. & Rice (GF & CM)	\$6.50
Beef Nachos (CM)	\$6.50
Vegetarian Nachos (V & CM)	\$6.50
Butter Chicken with Rice (GF & CM)	\$6.50
Pasta Bolognaise (CM)	\$6.50
Vegetarian Pasta (V & CM)	\$5.50
Beef Burrito (CM)	\$6.50
Chicken Caesar Wrap (CM)	\$6.50
Chicken Fried Rice (GF & CM)	\$6.50
Vegetarian Fried Rice (GF, V & CM)	\$5.50
Mac & Cheese (V & CM)	\$5.00

**A WIDE SELECTION OF FOODS WILL BE AVAILABLE OVER THE COUNTER FOR BOTH BREAKS – BUT NOT NECESSARILY ALL ITEMS ON THE MENU. ORDER ONLINE TO GUARANTEE YOUR PREFERRED ITEM.**

## BURGERS

**ORDER ON FLEXISCHOOLS TO CHOOSE YOUR FILLINGS OR CHOOSE FROM OPTIONS BELOW!**

**ALL BURGERS BELOW COME WITH LETTUCE & SAUCE UNLESS CUSTOMISED**

Beef Burger (CM)	From \$6.00
Fish Burger (CM)	From \$6.00
Chicken Burger (CM)	From \$6.00
Vegie Burger (V & CM)	From \$6.00
Any Burger with Salad (CM)	From \$6.50

## OTHER HOT FOODS

Junior Beef Pie (Low Fat)	\$2.50
Garlic Bread (V)	\$2.00
Boiled Rice (V & GF)	\$2.50
Pizza Slice (Small) (CM)	\$2.50
Cheese Pocket (V & CM)	\$3.00
Ham & Cheese Pocket (CM)	\$3.50
Chicken & Cheese Pocket (CM)	\$3.50
2 Minute Noodles	\$3.00
2 Minute Noodles (GF)	\$3.50
Toasties	See Sandwich section
Hot Dogs	From \$4.00
Beef Pie (Low Fat)	\$4.70
Potato Pie	\$5.00
Beef Pie (GF)	\$6.00
Sausage Roll (Low Fat)	\$3.50
Sauce Sachets	\$0.30
Chicken Nuggets x 5 (GF)	From \$5.00
Hash Brown	\$1.00
Chicken Tenders x 2	\$4.50
Yummy Drummy	\$1.00