

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)	\$2.00
Apple (V & CM)	\$1.50
Watermelon (V & CM)	\$2.00
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



KARIONG P. S

CANTEEN MENU TERM 1 2025

PROVIDED BY CATERING FOR SCHOOLS PTY LTD



KARIONG PUBLIC SCHOOL CANTEEN

DRINKS

300ml Spring Water	\$1.50
600ml Spring Water	\$2.00
1.5L Spring Water	\$3.00
Juice Cup	\$1.50
Chill J	\$3.50
Fruit Juice 250ml Bottle	\$3.00
Milk (Plain) 300ml	\$2.20
Soy Milk (Cup)	\$2.50
Milk – Flavoured	\$3.00
Up & Go	\$3.00
Hot Chocolate	\$3.50
Cold Milo Milk	\$3.50

COLD SNACKS

Jelly	\$1.50
Plain Custard (V & CM)	\$1.50
Jelly and Custard (CM)	\$2.00
Jelly and Yoghurt (CM)	\$2.00
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

FROZEN SNACKS

Quelch Stick	\$1.00
Snap Sticks	\$1.00
Frozen Juice Cup	\$1.50
Ice Mony TNT	\$1.50
Moosie	\$2.00
Juicies Tubes	\$2.00
Low Fat Ice Cream Cup	\$3.00
Paddle Pop	\$3.00
Frozen Fruit Yoghurt	\$3.00
Frozen Yoghurt with Fruit Bits (CM)	\$3.50

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) Salt	\$2.00
Red Rock Deli Chips (GF)	\$2.00
Low Fat Muffins (V)	\$3.00
Banana Bread (V)	\$3.00

HOW TO ORDER

Orders can be made online via the flexischools app by 8.30am. 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



KARIONG PUBLIC SCHOOL CANTEEN

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

KARIONG P. S

CANTEEN MENU

TERM 1 2025



KARIONG PUBLIC SCHOOL CANTEEN



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	\$6.50
Chicken & Salad	\$6.50
Salmon & Salad	\$6.50
Tuna & Salad	\$6.50
Egg & Salad	\$6.50
Salad with Cheese (V)	\$6.50
Salmon	\$6.00
Tuna	\$6.00
Chicken	\$6.00
Ham	\$6.00
Salad (V)	\$6.00
Egg & Lettuce	\$6.00
Cheese (V)	\$4.00
Vegemite (V)	\$3.00
Buttered Sandwich	\$2.00
Buttered Roll	\$2.50

FRESH SALADS

Customise or build your own salad on Flexischools or choose from popular options below!

All salads are made fresh in the canteen

Caesar Salad (CM) (V)
Lettuce, Egg, Croutons, \$6.50
Parmesan And Dressing

Greek Salad (V & CM)
Lettuce, Capsicum, Tomato, Feta, \$6.50
Onion, Cucumber, Olives & Dressing

Cheese Salad (V & CM)
Lettuce, Tomato, Carrot, Capsicum, \$6.50
Celery, Cheese, Cucumber & Dressing

Pasta Salad (V & CM)
Pasta, Corn, Carrot, Capsicum, \$6.50
Cherry Tomatoes & Dressing

Garden Salad (V & CM)
Lettuce, Tomato, Cucumber, Carrot, \$6.50
Capsicum, Celery And Dressing

PIZZA

Hawaiian	\$6.00
Vegetarian (V)	\$6.00
Cheese (V)	\$6.00
BBQ Chicken	\$6.00

These pizzas are also Halal & no Ham

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	\$6.50
Vegetarian Pasta (V)	\$6.50
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)	\$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
Cheeseburger (CM)	From \$6.50
Fish Burger (CM)	From \$6.00
Chicken Burger (CM)	From \$6.00
Vegie Burger (V & CM)	From \$6.50
With Salad (CM)	Add \$1.00

OTHER HOT FOODS

Junior Beef Pie (Low Fat)	\$2.50
Garlic Bread (V)	\$2.50
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)	\$5.00
Potato Pie	\$5.50
Beef Pie (GF)	\$6.00
Sausage Roll (Low Fat)	\$4.00
Sauce Sachets	\$0.40
Chicken Nuggets x 5 (GF)	From \$5.00
Hash Brown	\$1.50
Chicken Tenders x 2	\$4.50
Yummy Drummy	\$1.50