



**Now Open: Wednesday,
Thursday & Fridays**

Kentlyn Public School Canteen Menu 2019



Cool & Delicious

Sandwiches (choice of wholemeal, light rye, white or multigrain bread) all made with margarine unless stated otherwise.

- Cheese, vegemite or strawberry jam **H** \$1.50
- Egg & lettuce **H** \$2.00
- Ham & cheese \$3.50

Wraps (made with egg mayonnaise)

- Salad & cheese (lettuce, tomato, cucumber, carrot, beetroot & tasty cheese) **H** \$3.00

- Add chicken, tuna or ham

- Salad bowl \$1.50

- lettuce, tomato, cucumber, carrot beetroot, cheese, choice of dressing **H** (French, mayo, sweet chilli) \$2.50

- Add chicken, tuna or ham

- Summer special \$1.50

Fruit salad (cut seasonal fruit eg.

melon, pineapple, grapes, berries) **H**

Tummy Warmers

Toasted Sandwiches (choice of wholemeal, light rye, white or multigrain) all made with margarine unless stated otherwise. \$2.50

- Cheese & tomato or Cheese **H** \$2.50
- Ham, chicken or tuna with cheese \$3.50

IMPORTANT INFORMATION

THIS MENU OR OPTIONS AVAILABLE AT CANTEEN ARE NOT TO BE EDITED OR CHANGED IN ANY WAY WITHOUT THE PERMISSON OF MRS KAVALLARIS OR THE CANTEEN CO-ORDINATOR

Hot Meals-(Canteen Made *)

- Beef Lasagne * \$4.00
- Spaghetti bolognaise * \$4.00
- Mac Cheese * **H** \$4.00
- Savoury Mince and Mash * \$4.00
- Fried Rice (Veg option available) * **H** \$4.00
- Chicken Breast Burger * \$4.00
- Kentlyn Cheese Burger \$4.00
(burgers with lettuce, tomato and cheese)
- Margarita (cheese) pizza slice **H** \$4.00
- Noodle cup (chicken & vegetable) \$2.50
- 6 pack chicken goujons/nuggets **H** \$3.50
(or 60c ea)
- Garlic bread \$1.50
- Hot dog with sauce/mustard **H** \$2.50
- Café wrap (1 x Chicken Breast, light cream cheese & salsa, toasted) * \$4.00
- Sauce sachets – tomato, bbq, soy or sweet Chilli or mayo .30

Thirst Quenchers

- Water 600ml / 250ml \$1.00
- Just Juice popper 200ml \$1.50
(apple, orange, apple/blackcurrant, or/mango)
- M2Go Milk 250ml \$2.00
(chocolate or strawberry)
- Chill J 250ml \$2.50
(blackcurrant, raspberry, watermelon, cola orange/passio, grape)
- Juice Bomb 250ml \$2.50
(apple/blackcurrant, apple/raspberry, vanilla/lime, grape, orange/passio)
- Slushie cup (99% fruit) 220ml \$1.00
- Hot Chocolate \$1.00

Munchies

- Fresh seasonal fruit (eg. apple, banana, mandarin, orange or pears) \$1.00
- Yoghurt plain, blackberry or raspberry \$1.50
- Carrot sticks with hummus \$1.00
- Popcorn - original .60
- Red Rock Crisps (honey soy or sea salt) \$1.50
- Frozen yoghurt \$1.70
(strawberry/vanilla or choc/vanilla)
- Iced Mony (TNT Ka Bluey or Choc) .70
- Frozen Jelly Sticks (5 fruit flavours) .20
- Frozen Juice Cups (Orange, App Black) .70
- Frozen fruits – pineapple slices, oranges .30
- Bulla Ice Cream – Light Vanilla \$2.00
(98% fat free)
- Weis Bars – 50g \$2.00
(straw/milk, choc/milk, mango/milk)
- Jelly cups 20g
- Muffins \$1.00

WEEKLY FRESH FROM
THE MARKETS MIXED
FRUIT OR VEGES BOXES
FOR HOME ONLY \$15



H – Halal options if requested please mark order if required