



KENT PARK PRIMARY SCHOOL CANTEEN MENU

TERM 1, 2018

Open Tuesdays & Thursdays, recess & lunch

GF = Gluten-free | DF = Dairy-free

SANDWICHES & WRAPS (please specify)	
✦ White or wholemeal bread	
✦ Please request if no butter	
✦ Salad: tomato, cucumber, carrot & lettuce	
✦ Beetroot on request	
Vegemite	\$2.00
Cheese	\$2.00
Ham, cheese & tomato	\$3.50
Ham & salad	\$4.50
Egg & lettuce	\$3.50
Cheese & salad	\$4.00
Roast chicken, lettuce & mayonnaise	\$4.00
Roast chicken & salad	\$4.50

HOT FOOD (lunch only)	
Party pie – Mrs Mac's good eating	\$1.10
Sausage roll – Mrs Mac's good eating	\$2.60
Chicken burger <i>chicken, lettuce, cheese & mayo</i>	\$4.50
Toasted focaccia <i>chicken, cheese, baby spinach & mayo or ham, cheese & tomato</i>	\$5.50
Chicken strip	\$1.00
Bacon, egg & cheese muffin	\$3.00
Nachos with sour cream	\$4.00
	\$4.50
Homemade lasagne	\$4.00
Homemade zucchini slice	\$4.00
Homemade fried rice	\$3.50
Homemade spaghetti bolognese	\$3.50

SALAD PACKS	
Italian dressing available on request	
Garden salad small <i>tomato, cucumber, carrot, lettuce</i>	\$2.50
Large salad tub <i>tomato, cucumber, carrot, lettuce, cheese, boiled egg</i>	\$4.00
with ham, roast chicken or tuna	\$5.50

SNACKS	
Low fat yoghurt – 200mL tub <i>berry</i>	\$1.80
Carrot sticks with tzatziki or hummus	\$0.50
	\$1.50
Hard boiled egg	\$0.80
Piece of fruit <i>apple, orange or banana</i>	\$1.00
Plain popcorn	\$1.00
Homemade muffin <i>blueberry</i>	\$1.30
Nature Valley bar <i>crunchy oats & honey</i>	\$1.20
Homemade Milo cookie	\$1.50
Veggie chips	\$1.30
Red Rock Deli chips <i>sea salt, sweet chilli & sour cream or honey soy chicken</i>	\$1.20
Cheese & crackers	\$2.00

DRINKS	
Just Juice Prima – 99% fruit juice <i>paradise punch, apple or orange</i>	\$1.50
Nippy's low fat milk <i>chocolate or strawberry</i>	\$2.20
Up&Go <i>choc ice or vanilla ice</i>	\$2.00
Quench spring water <i>apple raspberry, lemon lime or lemonade</i>	\$2.00
Bottled water	\$1.50

FROZEN (terms 1 & 4 only)	
Pineapple ring	\$0.60
Moosies milk freeze	\$1.30
Quelch icypole (99% fruit juice)	\$0.80

DIETARY OPTIONS (lunch only)	
GF Nachos with sour cream	\$4.00
	\$4.50
GF zucchini slice	\$4.00
DF party pie	\$1.00
DF chicken nuggets	6 for \$3.00

TO ORDER:

- Write *Name, Class* and *Order* on a paper bag or envelope
- No staples
- Correct money appreciated

PLEASE NOTE:

- Tomato sauce \$0.20 extra
- Brown lunch bag \$0.10 extra

Over-the-counter sales available at recess

