

# KAROO PRIMARY SCHOOL CANTEEN MENU

## SUMMER 2023/24 TERMS 4&1

If anything is missing from the lunch order, please encourage your child to tell their teacher and come to the canteen to collect it.

Please contact the canteen if your child has special dietary requirements.

### EVERYDAY FOOD (GREEN OPTION)



#### HOT MEALS (H=Halal, V=Vegetarian, GF=Gluten Free Avail.)

Beef Lasagne	\$5.50
Spaghetti Bolognaise	\$5.50
Macaroni Cheese(V)	\$5.00
Pasta Napoli (V) (GF Avail)	\$5.00
<b>Fresh Chicken Wrap (GF avail)</b> Tortilla, fresh chicken, lettuce, cheese and mayonnaise.	\$5.50
<b>Beef Wrap (H)</b> - Tortilla, beef patty, lettuce, cheese and tomato sauce.	\$5.50
<b>Fish Wrap</b> - Tortilla, fish fillet, lettuce and tartare sauce	\$5.50
<b>Chicken Burger(H)</b> - Chicken patty, lettuce, cheese, tomato and mayonnaise.	\$6.00
<b>Cheese Burger(H)</b> -Grilled beef patty, lettuce, cheese, tomato and tomato sauce.	\$6.00
<b>Vegie Burger- (V)</b> Vegetable patty, lettuce, cheese, tomato and mayonnaise.	\$6.00
<b>Hard boiled Egg</b>	\$1.20
<b>Corn Cobette (V)</b>	\$1.20

#### SALAD BOWL - Lettuce, tomato, carrot, cucumber, beetroot \$6.50

& dressing with 1 item of:

Chicken / Ham/ Egg /Tuna /Chicken tender/Chicken or Beef Patty	
Extras: Hard Boiled Egg	\$1.20
Cheese	\$0.60

#### WRAPS / SANDWICHES

GF WRAPS Avail. /WHOLEMEAL or WHITE BREAD

	Sandwich	Wrap/Roll
* <b>SALAD</b> - lettuce, tomato, cucumber, beetroot & carrot	\$5.00	\$5.50
* <b>Meat &amp;Salad</b> - Chicken/Ham/Tuna/Egg/Cheese	\$6.00	\$6.50
*Egg, Lettuce and mayo.	\$5.00	\$5.50
*Chicken, lettuce and mayo.	\$5.30	\$5.50
		<b>Toasted</b>
*Ham and Cheese/ Tomato and Cheese	\$4.00	\$4.00
*Cheese	\$3.00	\$3.00
*Ham	\$3.50	\$3.50
*Tomato	\$3.50	
*Vegemite	\$2.50	
*Jam	\$2.50	

Extra Fillings 50c

### SELECT CAREFULLY (AMBER OPTION)

<b>Hot Dog</b> in a Roll	\$4.00
<b>Puppy Dog</b> - ½ a hotdog	\$3.00
Tomato/ BBQ/ Mustard Sauce extra 20c	
Cheese extra 50c	
<b>Chicken Tender Wrap (H)</b> - Tortilla, chicken tender, lettuce, cheese and mayo	\$5.50
<b>Chicken Nuggets (H)</b> - (3 per serve)	\$3.00
<b>Potato Wedges</b>	\$3.00
Sour cream & Sweet Chili Sce / Salsa extra	\$1.50
<b>Steamed Dim Sims</b> (2 per serve) Soy sauce optional	\$2.00

<b>Meat Pie</b>	\$4.50
-Halal Pie- \$5.00	
-GF Pie - \$5.00	
<b>Vegetable Pastie- (V)</b>	\$5.00
<b>Sausage Roll</b>	\$4.00
-Halal Sausage Roll- \$4.50	
<b>Party Pie</b>	\$1.30
<b>Pizza Slice</b> - Margarita (V)	\$3.50
<b>Noodle Cup</b> - Chicken/ Beef	\$3.00
<b>Tomato/ BBQ Sauce Satchel</b>	\$0.20

#### SNACKS & DRINKS

<b>Homemade Iced Cupcake</b>	\$2.00
<b>Homemade Muffin</b>	\$1.50
<b>Homemade slice</b>	\$0.50
<b>Gingerbread Man</b>	\$2.50
<b>Chips</b> - Honey Soy Chicken/ Salt & Vin/ Plain	\$2.00
<b>Popcorn</b>	\$1.20
<b>Flavoured Milk</b> - Chocolate /Strawberry	\$2.50
<b>Chill J/ Groove</b> - Sparkling Fruit Juice Drink	\$2.50
<b>Slush Puppie</b> - Fruit Juice Base	\$2.50
<b>Juice Box</b> - Apple / Orange / Apple Blackcurrant	\$2.00

#### FROZEN FOOD

<b>Frozen Yoghurt</b>	\$2.50
<b>Paddle Pop</b> Icecream- Choc/ Rainbow	\$2.50
<b>Icy twist</b> - Lemonade Icy pole	\$2.00
<b>Calippo</b> - Apple Raspberry	\$2.00
<b>Moosies</b> – Choc. / Blue Moon / Strawb	\$2.00
<b>Frozen Juice Cup</b>	\$1.00
<b>TNTs / Zing Ice tubes</b>	\$1.00
<b>Frozen Fruit</b> – Pineapple / fruit in season	\$0.50
<b>Paper Bag</b>	\$0.10