

KINFOLK

student cafes

O'Connor Catholic College, Armidale

TERM 2+3, 2019

BREAK 1 OPTIONS

FRUIT SALAD TUB \$4.0 **V**
Seasonal fruit pieces

HOUSE-BAKED MUFFIN \$2.0
Housemade from low GI recipe

HOUSE-BAKED COOKIE \$1.0
Housemade from low GI recipe

**HOUSE-MADE MUESLI W/
VANILLA YOGHURT** \$4.0
Roasted oats, apricots, sultanas, shredded
coconut and honey with vanilla yoghurt

RED ROCK CHIPS \$2.0
Sea Salt

MINI HAM + CHEESE PIZZA BREAD \$2.0
Lite ham and low fat cheese on passata base

BREAK 2 OPTIONS

SALAD TUBS

Meat free options available

CHICKEN CAESAR SALAD \$4.8
Grilled chicken breast, crispy baked ham, parmesan,
red onion, croutons over cos lettuce with 99% fat free
Caesar dressing

THAI CHICKEN SALAD \$4.8
Grilled chicken breast, rice noodles, carrot, cucumber,
capsicum, leafy greens w/ Thai dressing

ITALIAN SALAD \$4.8
Tomato, cucumber, carrot, red capsicum, leafy greens,
lean ham, feta cheese w/ Italian dressing

GF – Gluten Free options available **V** – Vegetarian option

WRAPS

Gluten free options available \$1.0

ROAST CHICKEN SALAD \$5.0 **GF**
w/ house herb mayo on wholemeal wrap

LEG HAM SALAD \$5.0 **GF**
w/ house herb mayo on wholemeal wrap

AVOCADO, CHEESE AND SALAD \$5.0 **V GF**
w/ house herb mayo on wholemeal wrap

SANDWICHES

Toasted options available at no extra charge

Gluten free options available \$1.0

HAM + CHEESE \$3.5 **GF**
on wholemeal bread

CHEESE + TOMATO \$3.5 **V GF**
on wholemeal bread

HAM, CHEESE + TOMATO \$4.0 **GF**
on wholemeal bread

CHICKEN, CHEESE + AVOCADO \$4.5 **GF**
on wholemeal bread

TURKISH TOASTIES

HAM + CHEESE \$4.0
on Turkish roll

HAM, CHEESE + TOMATO \$4.5
on Turkish roll

CHICKEN, CHEESE + AVOCADO \$5.0
on Turkish roll

SWEET CHILLI CHICKEN \$5.0
Chicken, cheese, red onion and baby spinach w/ sweet
chilli sauce on Turkish Roll

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DRINKS

BOTTLED WATER \$2.5
500ml.

SMALL FLAVOURED MILK \$3.5
300ml. Chocolate, Strawberry, Iced
Coffee, Vanilla Malt

LARGE FLAVOURED MILK \$4.5
500ml. Chocolate, Strawberry, Iced
Coffee, Vanilla Malt

JUICE \$4.0
500ml. Apple, Orange, Orange Mango

JUST JUICE POPPER \$2.50
200ml. Orange, Paradise Punch

UP&GO \$3.00
250ml. Vanilla, Chocolate

ICY TREATS

BULLA ICE CREAM TUB \$2.0
Vanilla

FROZEN YOGHURT TUB \$2.5
Mango

QUELCH STICK \$1.0

HOT OPTIONS

HOUSEMADE PIE \$5.0

SAUSAGE ROLL \$4.0
Mrs Macs Lite 120gram

SOUP OF THE DAY \$5.0
served w/ Turkish bread

CURRY OF THE DAY \$5.0
served w/ steamed rice

PASTA OF THE DAY \$5.0

TOMATO SAUCE SATCHEL 50c

KINFOLK

Proudly providing fresh, nutritious lunch options to hungry students across New England North West, New South Wales at:

- + St Mary's College, Gunnedah
- + O'Connor Catholic College, Armidale
- + GS Kidd School, Gunnedah
- + Carinya Christian School, Gunnedah
- + Brooke Avenue Public School, Killarney Vale
- + Tighes Hill Public School, Tighes Hill
- + Gunnedah TAFE Campus, Gunnedah
- + Kinfolk Poolside Kiosk, Gunnedah.

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