

## KHS CANTEEN MENU 2020

<b><u>HOT FOOD</u></b>	
<b><i>Pies</i></b>	
Beef	\$4.00
Curry	\$4.00
Potato	\$4.00
<b><i>Meals</i></b>	
Twista Pasta Bolognese	\$4.00
Beef Lasagne	\$4.00
Penne Napolitana	\$4.00
Vegetarian Lasagne	\$4.00
Macaroni Cheese	\$4.00
Beef Stir Fried Rice	\$4.00
Vegetarian Fried Rice	\$4.00
Ravioli Napolitana	\$4.00
Spaghetti Bolognese	\$4.00
Chicken Lasagne	\$4.00
Butter Chicken rice	\$5.00
Teriyaki chicken noodles	\$5.00
Teriyaki chicken rice	\$5.00
Japanese curry rice (veg)	\$5.00
Beef Bulgolgi and rice	\$5.00
Coconut Chicken Thai Curry	\$4.00
<b><i>Hot Rolls</i></b>	
Chicken roll	\$3.00
Ham & Cheese roll	\$2.50
Cheese roll	\$2.00
Sausage roll	\$2.50
Cheese & Spinach roll	\$2.50
Garlic bread	\$1.00
Chicken Burger (Friday)	\$4.00
Vegetarian Burger (Friday)	\$4.00
<b><i>Soup – changes daily</i></b>	
Pumpkin (V, GF)	\$3.50
Potato and Leek (V, GF)	\$3.50
Thai Creamy Chicken	\$3.50
Chicken and Corn	\$3.50
Chorizo Minestrone Soup	\$3.50

Wild Mushroom Soup	\$3.50
Creamy Tomato Basil	\$3.50
Chicken and Vegetable	\$3.50
Curried Cauliflower (vegan)	\$3.50
Asparagus & Peppercorn (Vegan)	\$3.50
Fantastic Cup Noodles (Chicken & Beef)	\$2.50
Fantastic Cup Noodle (Chicken Gluten Free)	\$2.50
<b><i>Sushi</i></b>	
Beef sushi	\$3.00
Chicken sushi	\$3.00
Tuna sushi	\$3.00
Inari	\$3.00
Avocado sushi	\$3.00
California Roll	\$3.00
Vegetable sushi	\$3.00
Vietnamese rice paper roll	\$3.00
<b><i>Salads (Changes weekly)</i></b>	
Glass Noodles with Asian vegetables (vegan)	\$3.50
Black Quinoa and sweet potato (vegan)	\$3.50
Chicken Basil pesto pasta	\$3.50
Singapore Noodles (V)	\$3.50
Thai Beef Noodles	\$3.50
Turmeric Cous Cous Cauli Cranberry	\$3.50
Tortellini Pesto Pumpkin	\$3.50
Pesto Pasta	\$3.50
Italian Penne Salad	\$3.50
<b><i>Sandwiches</i></b>	
Chicken & Salad roll	\$3.00
Cheese & Salad roll	\$3.00
Cheese and tomato roll	\$2.50
Ham, cheese and tomato roll	\$3.00

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Sweet Chilli chicken wrap	\$2.50
Tandoori chicken wrap	\$2.50
Falafel and tabouli wrap	\$2.50
Smashed Egg & Mayo Sandwich	\$2.50
Tuna, Dill and Mayo Sandwich	\$2.50
Roast Vegie Red Pesto Mayo Sandwich (Vegan)	\$2.50
Shredded Chicken & Basil Mayo	\$2.50
Shredded Chicken with Mayo	\$2.50
Pork & Veg Dumplings (Once a month)	\$2.50
<b><u>HEALTHY SNACKS</u></b>	
Yoghurt with Muesli	\$2.50
Yoghurt with Apple coconut Muesli	\$2.50
Yoghurt with Apricot & Peach	\$2.50
Yoghurt With Mango	\$2.50
Apricot with Strawberries	\$2.50
Tub of watermelon	\$2.00
Watermelon slices	\$0.50
Rock Melon Slices	\$0.50
Apple	\$0.50
Mandarin (in season)	\$0.50
Vegie/hommos box	\$2.00
Cheese and Crackers	\$1.50
Mini Jatz packet	\$1.00
<b><u>BAKERY</u></b>	
Cheese & bacon roll	\$2.50
Cheese & vegemite scroll	\$2.50
Choc lite muffin	\$2.50
Blueberry muffin	\$2.50
Buttered roll	\$0.60
Choc-lite biscuit	\$1.00
Cinnamon donut	\$1.00
Spring roll	\$2.50
<b><u>SNACKS</u></b>	
Banana Bread	\$2.00
Gluten free cookies	\$3.00

Grain Waves Sour Cream/Chives	\$1.50
Koala Popcorn Chicken	\$1.50
Koala Sea salt popcorn	\$1.50
Koala Popcorn- BBQ	\$1.50
Smith Salt & Balsamic Vinegar chips	\$1.50
Red Rock Deli -Sea Salt	\$1.50
<b><u>HOT DRINKS</u></b>	
Hot Chocolate	\$2.00
Hot Tea	\$2.00
<b><u>COLD DRINKS</u></b>	
Plain Milk 300ml	\$1.50
Flavoured Milk small	\$2.00
Flavoured Milk large	\$3.00
Just Juice: 1. Orange 2. Orange Mango 3. Apple 4. Apple Blackcurrant	\$1.00
Daily Juice Fresh Juice: 1. Apple 2. Orange	3.00
Fizzy juice bombs: 1. Apple Cola 2. Watermelon 3. Apple raspberry 4. Apple blackcurrant 5. Orange passionfruit 6. Vanilla lime 7. Grape	\$2.00
Ice teas: 1. Blackcurrant 2. Peach 3. Mango 4. Lemon	\$3.00
Aloe Flavours: 1. Original 2. Peach 3. Lychee 4. Grape 5. Watermelon	\$3.00

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6. Pomegranate	
Appletizer	\$2.00
Mt. Franklin Water	\$2.00
Mt Franklin sparkling	\$2.00
Pump Water	\$3.00
Powerade zero	\$3.00
Mt Franklin Flavour Water 1. Mango 2. Berry 3. Lime 4. Lemon	\$3.00
Up & Go chocolate	\$2.00
Up & Go Caramel (gluten Free)	\$2.00
<b><u>ICE CREAM</u></b>	
Icy Mony 1. Iced red berry 2. Iced Blue Raspberry 3. Freeze Pops Chocolate 4. Sour Strawberry 5. Sour watermelon	\$1.00
Twisted Frozen Yoghurt 1. Chocolate 2. Watermelon/mango	\$2.00
Bulla Frozen yoghurt 1. Mango 2. Strawberry	\$1.50
Juices 1. Wild berry 2. Tropical 3. Lemon 4. Orange	
Frozen Watermelon	\$0.50
Frozen Pineapple	\$0.50
Frozen Rockmelon	\$0.50