


Kardinya PS CANTEEN

Term 4 2021
Open Wednesdays & Fridays

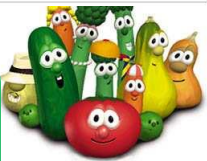


We follow the Department of Education Healthy Food and Drink Policy and Traffic Light System.

Green foods are majority of menu
Amber foods are limited
Red foods are not sold



RECESS



Pizza Cheesie (V)	\$1.00
½ bun with canteen made pizza sauce, topped with cheese & grilled	
Popcorn	30c
Mac N Cheese muffin (V) – warm	\$1.00
Muffin varies weekly GFO (blueberry)	\$1.00
Biscuit varies weekly	50c
Chicken Nuggets* (4) GFO	\$ 2.20
Tomato sauce	30c
(Wednesday and preorders only)	



DRINKS

Bottled water	\$1.00
Plain reduced fat milk (225 ml)	\$1.20
Sipahh straw	60c
Choc, raspberry, choc mint, caramel,	
Flavoured milk 300ml	\$2.30
Chocolate or strawberry – avail frozen also	
99% Fruit juice 250mL	\$1.50
Orange or apple or tropical	
Juice Bomb (carbonated fruit juice)	\$2.00
Apple & coola or lemonade or orange passio or apple & blackcurrant	



LUNCHES

AVAILABLE WEDNESDAY AND FRIDAY

Veg Lasagne* (V)	\$4.00
Fried Rice* (V,GF)	\$4.00
Sushi* (2 hand rolls)	\$6.00
Chicken; Tuna; or Vegetarian (V)	

WEDNESDAY only

Mini Burger (egg free, vegetarian option)	\$4.00
Canteen made Beef or vegetarian patty with cheese, salad, tomato sauce	
GFO	\$4.50
Sausage in a Bun (beef)	\$3.00
Pork OR Veg option	\$3.50

FRIDAY only

Popcorn Chicken Wrap (egg free)	\$4.00
Canteen made popcorn chicken served with salad and mayo	
Pizza	\$4.50
Tropical, vegetarian (V) or ham & cheese	
Sausage Roll*	\$3.50
Gluten free	\$4.20
Sauce sachet	30c

COLD TREATS

Yoghurt	\$1.50
Vanilla or Berry	
Frozen yoghurt	\$2.00
Chocolate/vanilla or strawberry/vanilla or mango/watermelon	
Moosies (ice cream bar)	\$1.50
Choc or Lime or Blue moon	
Quelch Icy pole	half 50c
	full \$1.00



SANDWICHES



Sandwiches made with wholemeal bread, not buttered unless requested. Available every day. GFO

Ham & Cheese	\$3.00
Egg Or Curried egg	\$2.50
Vegemite	\$2.00
Cheese	\$2.50
Extras:	
Salad	50c
Cucumber, carrot, lettuce, tomato	
Toasted	20c
Egg or Cheese	50c ea
Gluten Free	add 50c
Wrap	add 50c

Canteen contacts:

9312 4900 (open days only)
OR

Kardinyapca@live.com (any day)

New volunteers are always needed and welcomed Please contact us if you are able to help.

Ordering options:

- 1) Classroom box **OR** P&C box at school admin **by 9am on open days**. Cash (change provided with lunch) **OR** bank transfer (use child's name as reference) BSB: 036 084 ACCT: 128435
- 2) QuickCliq – register online at quickcliq.com.au or email us for more details. **8am cut off for orders on canteen open day**

*purchased externally. All other items are canteen made, excluding bread and pizza bases
V = vegetarian; GFO = gluten free option – whilst every endeavor is made to provide GFO and avoid cross contamination, this is not a GF kitchen. The canteen is P&C managed and NOT managed by the school. Kardinya PS is an allergy aware school. No nuts are used in the canteen, however we cannot guarantee our commercial products have not been produced in factories containing nuts.