

Kardinya PS Canteen

SPRING/SUMMER MENU 2023/24

Tuesdays and 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 cheesy (V)	\$1.00
½ bun with canteen made pizza sauce, topped with cheese & grilled	
Popcorn	\$0.30
Apple jaffle (GFO)	\$1.00
Biscuit – choc (RECESS ONLY) (GF)	\$0.50
Muffin (RECESS ONLY)	\$1.00
Apple or chocolate	
GFO – banana or blueberry	
Chicken nuggets* (4) (GFO)	\$2.50
(Tuesday recess & pre-orders only)	

LUNCHES

AVAILABLE TUESDAY AND FRIDAY

Sushi* (2 hand rolls of same filling) chicken; tuna; or vegetarian (V)	\$6.50
Teriyaki chicken*	\$6.50
Butter chicken* (GFO)	\$4.50

TUESDAY only

Sausage in a bun (beef)	\$3.00
Pork or Vegetarian (V) option	\$3.50
Mini burger (GFO) cheese, salad and tomato sauce	\$4.50
Beef or Vegetarian (V) patty	
Gluten free option	\$5.00
Vegetable Lasagne* (V) (GFO)	\$4.50

FRIDAY only

Mac n cheese*	\$4.50
Pizza - tropical, vegetarian (V) or ham & cheese	\$4.50
canteen made sauce with fresh toppings	
Popcorn chicken wrap	\$4.50
canteen made popcorn chicken with salad and mayo	
Sausage roll or pie*	\$3.50
Gluten free	\$4.20
Sauce	\$0.30

SANDWICHES

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

Ham & cheese	\$3.00
Egg or curried egg	\$2.50
Vegemite	\$2.00
Cheese	\$2.50
Extras:	
Salad	\$0.50
cucumber, carrot and lettuce	
Toasted	\$0.20
Egg or cheese	\$0.50
Gluten free bread	\$0.50
Wrap	\$0.50

DRINKS

Bottled water	\$1.00
Plain reduced fat milk (225 ml)	\$1.50
Sipahh straw	\$0.80
Raspberry or choc mint or caramel or cookies n cream or banana	
Flavoured milk (300ml) (LUNCH ONLY)	\$2.50
chocolate or strawberry	
99% fruit juice 250ml (LUNCH ONLY)	\$1.50
orange or apple or tropical	
Juice bomb (carbonated fruit juice) (LUNCH ONLY)	\$2.00
apple & coola or lemonade or orange passio or apple & blackcurrant	

COLD TREATS

Frozen pineapple rings	\$0.50
Frozen watermelon triangle	\$0.50
Frozen flavoured milk (300ml)	\$2.50
chocolate or strawberry	
Frozen yoghurt (LUNCH ONLY)	\$2.00
chocolate/vanilla or strawberry/vanilla or mango/watermelon	
Moosies (ice cream bar) (LUNCH ONLY)	\$1.50
choc or banana or blue moon	
Quelch icy pole (LUNCH ONLY) FULL	\$1.00
HALF	\$0.50

Canteen contacts:

9312 4908 (open days only)

OR

kardinyacanteen@gmail.com (any day)

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

Ordering options:

- 1) QuickCliq – register online at quickcliq.com.au or email us for more details. **8am cut off for orders on canteen open day**
- 2) 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

*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.