

CANTEEN MENU 2017



Online ordering available through Qkr! iOS devices via Apple App store, Android devices via Google Play or via the web at qkr.mastercard.com/store

HOT FOOD		DRINKS	
☺ Pies: Meat – Low fat pastry, lean meat	\$ 4.00	☺ Fresh Unsweetened Orange Juice 450ml	\$ 3.00
☺ Pasty: Meat or Vegetable	\$ 4.00	☺ Apple/ Apple & Blackcurrant Juice 450ml	\$ 3.00
☺ Sausage Roll	\$ 3.00	☺ Spring Water 600ml	\$ 2.00
Sauce Sachet	\$ 0.20	Milk Drinks	
Baked Potatoes: ☺ Plain	\$ 3.00	☺ Plain 300ml	\$ 2.00
☺ Butter	\$ 3.30	☺ Flavoured Milk Chocolate or Strawberry 300ml	\$ 2.80
☺ Cheese & Butter	\$ 3.80		
		☺ Up & Go Chocolate or Strawberry 250ml	\$ 2.20
		CAKES	
☺ Ham & Cheese	\$ 4.30	☺ Chocolate Muffin - 99% Fat Free	\$ 2.00
☺ Chicken Dodstar	\$ 2.00	☺ Finger Buns with Icing	\$ 2.50
☺ Spaghetti/Macaroni Bake/Lasagne	\$ 5.00	☺ Chocolate Chip Cookies	\$ 1.50
☺ Butter Chicken with Rice	\$ 5.00	SNACKS	
☺ Noodles in a cup Chicken/Beef	\$ 3.50	☺ Fresh Fruit	\$ 1.50
☺ Wholemeal Toasties:		☺ Red Rock Sea Salt or Honey Soy Chips	\$ 1.50
Egg	\$ 4.00	☺ Jelly Cups (counter sales only)	\$ 1.50
Cheese	\$ 3.80	☺ Tiny Teddies	\$ 1.00
Cheese & Tomato	\$ 4.50	☺ Popcorn	\$ 1.50
Ham & Cheese	\$ 4.50	☺ Mamee Chicken or BBQ Noodles	\$ 1.00
Ham, Cheese & Tomato	\$ 4.80	☺ Ginger bread man	\$ 2.00
☺ Pizza Singles:		☺ Pretzels	\$ 1.20
Bacon & Cheese	\$ 4.00	ICE BLOCKS	
Ham, Pineapple & Cheese	\$ 4.00	☺ Frosty Fruits	\$ 1.50
☺ Quiche:		☺ Milo Ice-cream Cups	\$ 3.00
Bacon & Cheese	\$ 4.20	☺ Vanilla Ice-cream Slice	\$ 1.00
COLD FOOD		☺ Berri Fruit Quelches (99% Fruit Juice)	\$ 0.50
☺ Salad Pack (tub, fork & serviette)	\$ 6.00	☺ Slushy (99% Fruit Juice)	\$ 1.50
Salad only (Lettuce (l) Tomato (t), Carrot (ca), Cucumber (cu), Gherkin (gh))		☺ Frozen 100% OJ or AJ Cup (110ml) Unsweetened	\$ 1.00
French Dressing/Mayonnaise (sachet included)		☺ Life Savers	\$ 1.50
With Ham, Chicken or Tuna	\$ 7.00	☺ Lemonade Icy Pole	\$ 1.50
☺ Wholemeal Sandwiches:		☺ Fandangles (Fairy Floss, Choc Mallow, bubblegu)	\$ 1.50
Bread & Butter only	\$ 2.00	☺ Juicies (Lemonade, Orange, Tropical & W'berry)	\$ 1.20
Vegemite	\$ 3.00		
Egg	\$ 3.50		
Cheese	\$ 3.50		
Fritz & Sauce	\$ 3.50		
Ham or Chicken or Tuna	\$ 3.50		
Ham & Cheese	\$ 4.00		
Cheese	\$ 3.50		
All Salad Extras (each) (g, ca, t, cu, l, Cheese, Mayo and Egg)	\$ 0.50		
☺ Baguettes:			
Baguette with butter: Half	\$ 3.00		
Whole	\$ 4.00		
Ham or Chicken or Tuna: Half	\$ 4.50		
Whole	\$ 6.00		
All Salad Extras (each)	\$ 0.50		
TOASTED	\$ 0.50		
Lunch Bags (10)	\$ 1.00		

SPECIALS

Monday & Tuesday

☺ Chicken or Beef Teriyaki, Tuna Salad or Veg Sushi
\$3.70 per roll

Wednesday

☺ Hot Dog with Tomato or BBQ Sauce
\$3.70

☺ Hot Dog with Cheese and/or Sauce
\$4.00

Thursday

☺ Ham & Cheese Croissant
\$5.00



VERY Healthy food choices: These items should be encouraged in the selection of daily eating choices



HEALTHY food choice: Select carefully. These are still healthy choice items but are not suggested as everyday foods. Do not let these foods dominate your lunch orders.