

# CANTEEN MENU 2018



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](http://qkr.mastercard.com/store)

| HOT FOOD   |         | DRINKS   |         |
|--|---------|--|---------|
| ☺ Pies: Meat – Low fat pastry, lean meat   | \$ 4.20 | ☺ Fresh Unsweetened Orange Juice 450ml           | \$ 3.00 |
| ☺ Pasty: Meat or Vegetable   | \$ 4.20 | ☺ Apple/ Apple & Blackcurrant Juice 450ml        | \$ 3.00 |
| ☺ Sausage Roll   | \$ 3.20 | ☺ Spring Water 600ml                             | \$ 2.00 |
| Sauce Sachet   | \$ 0.20 | <b>Milk Drinks</b>                               |         |
| Baked Potatoes: ☺ Plain  | \$ 3.20 | ☺ Plain 300ml                                    | \$ 2.50 |
| ☺ Butter   | \$ 3.50 | ☺ Flavoured Milk Chocolate or Strawberry 300ml   | \$ 3.00 |
| ☺ Cheese & Butter  | \$ 4.00 |  |         |
| ☺ Ham and Cheese   | \$ 4.30 | ☺ Up & Go Chocolate or Strawberry 250ml          | \$ 2.50 |
| ☺ Corn (2 corn on the cob)   | \$ 4.00 | <b>CAKES</b>                                     |         |
| ☺ Chicken Dodstar  | \$ 2.20 | ☺ Chocolate Muffin - 99% Fat Free                | \$ 2.00 |
| ☺ Spaghetti/Macaroni Bake/Lasagne  | \$ 5.50 | ☺ Finger Buns with Icing                         | \$ 2.50 |
| ☺ Butter Chicken with Rice   | \$ 5.50 | ☺ Chocolate Chip Cookies                         | \$ 1.50 |
| ☺ Noodles in a cup Chicken/Beef  | \$ 4.00 | <b>SNACKS</b>                                    |         |
| ☺ Wholemeal Toasties:  |         | ☺ Fresh Fruit                                    | \$ 1.50 |
| Egg  | \$ 4.00 | ☺ Red Rock Sea Salt or Honey Soy Chips           | \$ 1.50 |
| Cheese   | \$ 4.00 | ☺ Jelly Cups (counter sales only)                | \$ 1.50 |
| Cheese & Tomato  | \$ 4.70 | ☺ Tiny Teddies                                   | \$ 1.00 |
| Ham & Cheese   | \$ 4.70 | ☺ Popcorn  | \$ 1.50 |
| Ham, Cheese & Tomato   | \$ 5.00 | ☺ Mamee Chicken or BBQ Noodles                   | \$ 1.00 |
| ☺ Pizza Singles:   |         | ☺ Ginger bread man                               | \$ 2.00 |
| Bacon & Cheese   | \$ 4.20 | ☺ Pretzels                                       | \$ 1.20 |
| Ham, Pineapple & Cheese  | \$ 4.20 | ☺ Twisted Yoghurt with Berries                   | \$ 3.00 |
| ☺ Quiche:  |         | <b>ICE BLOCKS</b>                                |         |
| Bacon & Cheese   |         | ☺ Frosty Fruits                                  | \$ 1.50 |
|  | \$ 4.50 | ☺ Milo Ice-cream Cups                            | \$ 3.00 |
| <b>COLD FOOD</b>   |         | ☺ Vanilla Ice-cream Slice                        | \$ 1.20 |
| ☺ Salad Pack (tub, fork & serviette)   | \$ 6.00 | ☺ Berri Fruit Quelches (99% Fruit Juice)         | \$ 0.70 |
| Salad only (Lettuce (l) Tomato (t), Carrot (ca),<br>Cucumber (cu), Gherkin (gh))<br>French Dressing/Mayonnaise (sachet included) |         | ☺ Slushy (99% Fruit Juice)                       | \$ 1.50 |
| With Ham, Chicken or Tuna  | \$ 7.00 | ☺ Frozen 100% OJ or AJ Cup (110ml) Unsweetened   | \$ 1.20 |
| ☺ Wholemeal Sandwiches:  |         | ☺ Life Savers                                    | \$ 1.50 |
| Bread & Butter only  | \$ 2.50 | ☺ Lemonade Icy Pole                              | \$ 1.50 |
| Vegemite   | \$ 3.50 | ☺ Billabong (Rainbow or Chocolate)               | \$ 2.00 |
| Egg  | \$ 4.00 | ☺ Twisted Frozen Yoghurt                         | \$ 3.00 |
| Cheese   | \$ 4.00 | ☺ Juicies (Lemonade, Orange, Tropical & W'berry) | \$ 1.50 |
| Fritz & Sauce  | \$ 4.00 |  |         |
| Ham or Chicken or Tuna   | \$ 4.00 |  |         |
| Ham & Cheese   | \$ 4.50 |  |         |
| All Salad Extras (each) (g, ca, t, cu, l, Cheese, Mayo and Egg)  | \$ 0.50 |  |         |
| ☺ Baguettes:   | \$ 0.50 |  |         |
| Baguette with butter: Half   | \$ 0.50 |  |         |
| Whole  |         |  |         |
| Ham or Chicken or Tuna: Half   | \$ 5.00 |  |         |
| Whole  | \$ 6.50 |  |         |
| All Salad Extras (each)  | \$ 0.50 |  |         |
| TOASTED  | \$ 0.50 |  |         |
|  |         |  |         |
| <b>Lunch Bags (10)</b>   | \$ 1.00 |  |         |
|  |         |  |         |

## SPECIALS

**Monday & Tuesday**

☺ Chicken or Beef Teriyaki, Tuna Salad or Veg Sushi  
\$4.00 per roll

**Wednesday**

☺ Hot Dog with Tomato or BBQ Sauce  
\$4.00

☺ Hot Dog with Cheese and/or Sauce  
\$4.30

**Thursday**

☺ Ham & Cheese Croissant  
\$5.50  
\$ 4.50



**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.