

KINDY Summer Menu

Lunch

Fresh Sandwiches, Rolls & Wraps

Fillings available

Ham, Chicken, Tuna, Egg or Cheese
Salad (*incl. lettuce, carrot, tomato, cucumber*)

Extras Avocado, baby spinach, hummus or grated fresh beetroot

Sandwich

One filling	\$4.00
Two fillings	\$4.50
Three fillings	\$5.00

Roll or Wrap

One filling	\$4.50
Two fillings	\$5.00
Three fillings	\$5.50

Gluten Free available	add \$1.00
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Extras	add \$1.00
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Vegemite roll	\$2.50
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Toasted Sandwich, Rolls and Wraps

Fillings available

Chicken, ham, tuna, baked beans, cheese, tomato, corn or pineapple

Extras Avocado, baby spinach, hummus or grated fresh beetroot

Toasted sandwich

One filling	\$4.00
Two fillings	\$4.50
Three fillings	\$5.00

Toasted Roll or Toasted Tortilla Wrap

One filling	\$4.50
Two fillings	\$5.00
Three fillings	\$5.50

Gluten free available	add \$1.00
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Extras	add \$1.00
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***Please note that all sandwiches and rolls are wholemeal unless white is requested*

<i>Rainbow salad bowl</i>	\$5.50
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Choose one:

Ham, chicken, tuna, egg or cheese

Salad includes

lettuce, tomato, grated carrot and cucumber

Extras Avocado, baby spinach, hummus or grated fresh beetroot	add \$1.00
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Lunch Snacks

Muffins	\$2.50
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chocolate or fruit

Banana Bread <i>gluten free</i>	\$2.50
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Boiled egg	\$1.00
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Popcorn	\$0.50
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Fresh seasonal fruit	\$1.00
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Dried fruit	\$0.80
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Fresh Fruit Cup	\$2.50
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Yoghurt	\$2.00
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Vanilla, Mixed Berry or Strawberry

Drinks

Plain Milk	\$2.00
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Bottled water 600ml	\$2.00
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Flavoured Milk	\$3.00
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Nudie Juice	\$2.50
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Paper Straw	\$0.10
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HOW TO ORDER FROM OUR SCHOOL CANTEEN

1. Please write KINDY at the top of every lunch bag.
2. Write child's name and room number under KINDY.
3. Write food order in the middle of the bag.
4. Enclose total amount owed.
5. Parent/sibling to take order/payment to canteen before school.
6. Lunch's will be collected and brought to class.

Summer Menu – Weekday Options

Monday

Chicken Sub \$5.50
Long white bread roll, crumbed chicken tenderloin, grated carrot, tomato, lettuce and mayonnaise

Pastries

Sausage Roll \$4.00
 Spinach and ricotta roll \$4.00
 Meat Pie \$4.50
 Potato Pie \$4.50
 Party Pie \$1.50
 Sauce \$0.30

Tuesday

Vegetarian Nachos *Vegetarian sauce, corn chips, cheese and sour cream* \$5.00
 Mac and Cheese (gluten free option available \$6.00) \$5.00
 Pizza Single – *ham and pineapple* \$3.50

Wednesday

Pasta - Vegetarian \$5.00
Pasta – Bolognaise (both sauces made in canteen) \$5.50
Gluten Free Pasta available add \$0.50
 Pizza Single – *ham and pineapple* \$3.50
 Macaroni Cheese (gluten free option available \$6.00) \$5.00

Thursday

Beach Burger \$5.50
Beef pattie, grated carrot, tomato, lettuce and tomato sauce
 Sunshine Burger \$5.50
Lentil based pattie, grated carrot, tomato, lettuce and tomato sauce
 Chicken Burger \$5.50
Crumbed chicken tenderloin grated carrot, tomato, lettuce and tomato sauce
 Meat Pie \$4.50
 Potato Pie \$4.50
 Sausage Roll (*Witchy Pies Gluten Free Available \$6.00*) \$4.00
 Party Pie (*Gluten Free Available 2 for \$5.50*) \$1.50
 Spinach and Ricotta Roll \$4.00

Friday

Vegetarian Fried Rice \$5.00
Gluten free, rice, corn, carrots, capsicum, peas, spring onions, free-range eggs, GF soy sauce
 Mac and Cheese with Peas and Corn (*Gluten free option available \$6.00*) \$5.00
 Sausage Roll (*Witchy Pies Gluten Free Available \$6.00*) \$4.00
 Spinach and Ricotta Roll \$4.00
 Meat Pie \$4.50
 Potato Pie \$4.50
 Party Pie (*Gluten Free Available 2 for \$5.50*) \$1.50