



# KILBERRY VALLEY PRIMARY SCHOOL CANTEEN MENU 2015



YUMMY TUMMY HOT FOOD		
Lasagna 97% fat free	\$4.00	☺☺☺
Macaroni/Cheese 97% fat free	\$4.00	☺☺☺V
Fried Rice	\$4.00	☺☺☺GF
Dim Sims Steamed	\$1.00	☺☺☺
Potato Scallop (Term 2 & 3 Recess Only)	\$1.00	☺☺
Chicken crumbed tender	\$1.60	☺☺GF
Hot Noodles Chicken or Beef	\$3.00	☺☺
Pizza Ham & Pineapple	\$3.90	☺☺
Hot Dog 97% Fat Free	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.00	☺☺☺
Chicken Burger with Lettuce & Low Fat Mayonnaise	\$4.00	☺☺☺
Gluten Free Hot Dog (no roll)	\$2.65	☺☺☺GF

HOT N TASTY JAFFLES		
Baked Bean & Cheese	\$3.15	☺☺☺V
Spaghetti	\$2.75	☺☺☺V
Cheese (Lite)	\$2.75	☺☺☺V
Ham (97% Fat Free & Cheese (Lite)	\$3.70	☺☺☺

MRS MACS GOOD EATING RANGE		
Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG No Added Preservatives, or Artificial Colours		
100% Vegetable Pastie	\$4.00	☺☺ V
Beef Pie	\$4.00	☺☺
Sausage Roll	\$2.75	☺☺
Potato Top Pie	\$4.00	☺☺
Tomato Sauce	\$0.30	☺☺

SNACKS		
Cobs Popcorn Sea Salt or Slightly Sweet	\$1.50	☺☺GF
JJ's Chicken Crackers	\$1.30	☺☺
Red Rock Chips Honey/Soy	\$1.40	☺☺
Red Rock Chips Sea Salt	\$1.40	☺☺GF
Home Style Cookies	\$1.80	☺☺
Yoghurt Frogs (5 for \$1.00)	\$1.00	☺☺
Gingerbread	\$1.50	☺☺
Fruit Jelly In Slime	\$1.60	☺☺GF
Ovalteenies	\$1.00	☺☺
Egg Heads	\$0.65	☺☺☺GF

TERM 1 & 4 ONLY		
Fruit Salad Tub	\$3.00	☺☺☺VGF
Frozen Watermelon Wedge	\$0.60	☺☺☺GF

FROZEN TREATS AND SNACKS		
Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes	\$1.50	☺☺☺GF
Chocolate or Blue		
Frozen Pineapple UFO's	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.10	☺☺☺GF
Streets Choc Shake Cup	\$2.20	☺☺
Streets Paddle Pop	\$1.60	☺☺

SUPER SANDWICHES, ROLLS & WRAPS			
All sandwiches made from wholemeal, multigrain and white bread			
		Roll or	
		Sandwich	Wrap
Vegemite	\$2.10	\$2.75	☺☺☺ V
Cheese (Lite)	\$2.30	\$2.95	☺☺☺ V
Egg & Lettuce	\$2.55	\$3.15	☺☺☺ V
Ham (97% fat free)	\$2.95	\$3.60	☺☺
Ham (97% fat free) & Salad	\$4.00	\$4.65	☺☺☺
Tuna	\$2.95	\$3.60	☺☺☺
Tuna & Salad	\$4.00	\$4.65	☺☺☺
Roast Chicken	\$3.45	\$4.10	☺☺☺
Roast Chicken & Salad	\$4.00	\$4.65	☺☺☺
Salad (Lettuce, Cheese, Tomato, Beetroot, Carrot & Cucumber)	\$3.60	\$4.20	☺☺☺ V
Large Chicken Wrap - 2 Chicken Tenders, Lettuce Lite Slice Cheese & Salsa	\$6.30		☺☺☺
Sweet Chilli Twister Wrap- 2 Chicken Tenders, Lettuce, Tomato, Sweet Chilli Sauce & Lite Mayo	\$6.30		☺☺☺

SALAD PACKS		
Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Avocado, Beetroot and Egg	\$6.30	☺☺☺ V
Salad Box (Deluxe) All Of The Above + Ham, Chicken or Tuna	\$7.35	☺☺☺ V GF

EXTRAS	
Extra Salad Filling Add	\$0.55
Salad Dressing - choose Mayo, French or Italian	\$0.55
Lunch Bags	\$0.10

WRAP PACKS DEALS		
<b>VALUE PACK 1</b>		
Medium BBQ Chicken Wrap	\$7.35	☺☺☺
you choose 100% Fruit Juice or Low Fat Milk plus a 100% Frozen Fruit Tube		
<b>VALUE PACK 2</b>		
Medium Salad Sensation Wrap	\$7.35	☺☺☺V
you choose 100% Fruit Juice or Low Fat Milk plus a 100% Frozen Fruit Tube		

DRINKS		
350ml Water	\$1.60	☺☺☺GF
250ml Milk (Low Fat)	\$2.40	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice	\$2.10	☺☺☺GF
Orange, Apple or Tropical		
Aqua Fruits Flavoured Springwater	\$2.30	☺☺GF
Cola, Blue Heaven or Apple Raspberry		

Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices



OPEN EVERY DAY

If your child has any food allergies please mark very clearly on lunch bag

- ☺☺☺ Every Day Foods (eat most)
- ☺☺ Select Carefully foods (eat moderately)
- V Denotes Vegetarian
- GF Denotes Gluten Free.

EFFECTIVE FROM TERM 3 2015