

2023

KAHIBAH PUBLIC SCHOOL CANTEEN MENU

FOR INFORMATION VISIT
NSW Department
of Education Health
School Canteens
healthyschoolcanteens.
nsw.gov.au/

Yummy!

Should your child have
specific dietary requirements
please come into the canteen
to discuss how we can assist.

The KPS Canteen operates every day (Monday to Friday), offering lunch via order only and selling fruit, drinks, sides, cold treats during the lunch break. Recess orders can also be placed and will go out with lunch. To help in the KPS Canteen please call Mrs Kura Donnelly on 0466 308 893 or pop in at your convenience when operating.

HOW TO ORDER

On a paper or reusable lunch bag write student's name, class and order including prices on the front and place the money inside. Orders due in the Canteen by 9am. See the Canteen Newsletter for "This Weeks Specials" & "Eat Fresh Deals."

- Paper Lunch Bag = 5c
- Everyday food = ✪
- Occasional food = *

OR

Place your order online with *Spriggy Schools*

Sandwiches, Wraps & Bowls

Bread options (please specify):

- Sliced: Wholemeal, Grain or White
- Wraps: Wholemeal or White
- Rolls: White



Sandwich or Wrap:

- Salad & cheese \$3.50 ✪
- Salad with low fat cheese & ham \$4.00 ✪
- Tomato \$2.50 ✪
- Low fat cheese \$2.50 ✪
- Cheese & tomato \$2.70 ✪
- Tuna \$3.00 ✪
- Leg ham..... \$3.00 ✪
- Roast chicken \$3.00 ✪
- Egg/curried egg \$3.00 ✪

Bowl:

- Salad & cheese bowl \$3.50 ✪
- Salad, cheese & ham bowl..... \$4.00 ✪

Extras

- Avocado \$0.50 ✪
- Add salad (each): lettuce, tomato, carrot, cheese, cucumber or beetroot \$0.20 ✪
- Egg \$0.50 ✪
- Sauces: tomato or BBQ \$0.50 *

Seasonal Fruit & Veg

- Piece of fruit \$1.00 ✪
- Slinky fresh apple..... \$1.00 ✪
- 6 carrot or cucumber sticks \$1.00 ✪

Hot Food

Wraps, Rolls & Burgers

- Pizza roll with pizza sauce, ham & cheese \$3.50 ✪
- Chicken goujon wrap w/ cheese, tomato, carrot, lettuce & mayo..... \$5.00 *
- Hot cheese roll..... \$2.50 ✪
- Beef burger w/ lettuce, tomato, carrot, cheese + BBQ or tomato sauce \$5.00 ✪
- Chicken fillet burger w/ lettuce & mayo \$5.00 *
- Veggie burger w/ lettuce & mayo..... \$5.00 ✪

Pasta

- Pasta with bolognese sauce \$4.00 ✪
- Fried rice (GF) \$4.00 ✪
- Lasagne \$4.00 ✪

Other Hot Food

- Garlic bread \$1.00 ✪
- Cheesy garlic bread..... \$1.50 ✪
- 5 Chicken goujons \$3.50 *
- Party pie 90g (lean) \$2.50 *

Toasted Sandwiches

- Ham, cheese & tomato \$3.50 ✪
- Chicken, avocado & cheese \$3.50 ✪
- Canned spaghetti \$3.50 ✪
- Canned baked beans \$3.50 ✪

Sides

- Red rock deli potato chips..... \$1.50 *
- Piklets (1) plain or with butter & jam (Mon-Thurs ONLY)..... \$0.40 ✪
- Milo bites (Scoop)..... \$0.30 ✪

Drinks

- Bottled water 600mL \$2.00 ✪
- Flavoured milk - chocolate/strawberry \$2.00 ✪
- 100% juice popper (200ml) - Apple/orange/apple blackcurrant \$2.00 ✪

Cold Items

- Custard - plain \$0.50 ✪
- 99% frozen juice cup - assorted..... \$1.00 ✪
- Frozen milk cup - chocolate/strawberry \$1.50 ✪
- Vanilla ice cream cup (LF) \$1.50 *
- Moosies - blue moon \$1.50 *