



KENSINGTON PUBLIC SCHOOL CANTEEN MENU 2018



BREAKFAST

- Plain Toast – 1 Slice \$1.00
- Plain Toast – 2 Slices \$2.00
- Cheese Jaffle – Half \$1.50
- Cheese Jaffle – Full \$2.50
- Ham & Cheese Jaffle \$3.50
- Hot Chocolate \$2.00

SANDWICHES & WRAPS

- Vegemite or Jam \$2.00
- Cheese \$2.50
- Cheese & Vegemite \$3.00
- Cheese & Tomato \$3.50
- Egg, Lettuce & Mayonaise \$4.00
- Ham & Cheese \$3.50
- Salad \$4.00
- Cheese & Salad \$4.50
- Tuna, Lettuce & Mayonaise \$4.00
- Ham, Cheese & Tomato \$4.00
- Chicken & Salad \$4.00
- Chicken, Lettuce & Mayonaise \$4.00
- Chicken Caesar Wrap \$4.00
- BBQ Meat Lovers \$4.00
- Ham/Cheese & Pineapple \$4.00
- Cheese & Spinach – Vegetarian \$4.00

*For any Gluten Free Sandwiches add 50c
 *All Sandwiches and Wraps can be Toasted - No Charge
 *All Sandwiches can be Wholemeal or White
 *All Tortilla Wraps are Wholemeal
 *All Cheese is Mainland Reduced Fat Tasty Cheese
 *All Chicken is Marinated in Garlic/Mustard and is Baked

BIG CRUNCH SUSHI - Gluten & Dairy Free

- Chicken Teriyaki & Cucumber Roll \$4.00
- Tuna & Cucumber Roll \$4.00
- Munch Box with Cucumber Bite Box– Veg \$4.00
- Munch Box with Tuna Bite Box \$4.00

SALADS

- Fruit Salad Tub \$3.50
- Water Melon Tub \$3.50
- Garden Salad – Vegetarian \$5.00
- Greek Salad – Vegetarian \$5.00
- Greek Salad with Grilled Chicken \$5.50
- Garden Salad with Grilled Chicken \$5.50

HOT FOOD

- Homemade Veg Fried Rice \$3.50
- Lean Sausage Roll \$4.00
- Lean Fat Pie \$4.00
- Corn Cob \$1.50
- Baked Chicken Nuggets \$4.00
- Sausage Sizzle – Tuesday Only \$4.00
- Nachos – Thursday Only \$5.00
- Home Made Pasta Bolognese \$4.00
- Home Made Lasagna \$4.00
- Home Made Pasta Napolitana \$3.50
- Chicken Twister \$4.00
- Plain Pasta with Parmesan Cheese \$3.00

OUR KITCHEN IS ALLERGY AWARE

We encourage all Recess & Lunch orders are made online via munchmonitor.com.au

SNACKS

- Jumpies \$2.00
- Carrot and Celery Sticks \$3.00
- Carrot, Celery Sticks, Hummus & Wrap Bread \$4.00
- Mini Banana Bread \$1.50
- Low Sugar Jelly Cups \$2.00
- Fresh Apples or Oranges \$1.00
- Home Mini Made Muffins \$2.00
- Home Mini Cookies \$2.00
- Fresh Yoghurt & Whole Berries \$3.50
- Twisted Frozen Yoghurt \$3.00
- Quelch Juice Tubes \$1.00
- 100% Apple Juice Crush 200mL \$2.00
- Moosies Milk Freeze \$2.00

DRINKS

- Mooove Chocolate & Strawberry Milk \$3.00
- Sanitarium Up & Go \$2.50
- Plain Milk \$2.00
- Bottled Water \$2.00
- Focus Sports Water \$2.50
- 100% Apple Juice 200mL \$3.00
- 100% Apple B/Currant Juice 200mL \$3.00

LEGEND: ● Everyday Foods
 ● Occasional

According to the new Healthy School Canteens Strategy of NSW you should fill at least ¾ of your menu with Everyday snacks, meals and drinks, with Occasional items making up ¼ of your menu.

*<https://healthyschoolcanteens.nsw.edu.au>