

2023



# KPS Smart Choices Canteen Menu

**Green** - every day healthy foods

**Orange** - select carefully foods

**Red** - occasional treat food

\* Gluten free option available

## Baked Potatoes

- Potato with Cheese \* ..... \$4.50

## Pies, Pasties & Parcels

- Pie ..... \$5.00
- Party Pie ..... \$1.50
- Sausage Roll ..... \$4.50
- Mini Sausage Roll ..... \$1.50
- Spinach & Ricotta Parcel ..... \$0.80
- Pastie ..... \$4.50
- Dim Sims ..... \$1.00

## Sushi, Salad & Vegetarian

- Veggie Rice \* (with soy sauce) ..... \$5.00
- Corn on the Cob \* ..... \$1.00
- Sushi \* (see Qkr! for options) ..... \$4.50

\* all sushi is gluten free except for Californian

## Hot Rolls

- Chicken ..... \$5.00
- Cheese ..... \$4.50
- Chicken & Mayo ..... \$6.00
- Chicken & Cheese ..... \$6.00
- Chicken, Cheese & Mayo ..... \$6.50

## Pizza (Wholemeal Base) & Pasta

- Ham & Cheese Pizza ..... \$4.00
- Cheese & Pizza ..... \$3.50
- Tropicana Pizza ..... \$4.00
- Pasta & Vegies \* ..... small \$4.00 large \$4.50
- Pasta & Tomato Sauce \* small \$4.00 large \$4.50
- Pasta & Cheese \* ..... small \$4.00 large \$4.50
- Pasta, Veg & Cheese \*.. small \$4.50 large \$5.00

## Sandwiches & Jaffles (Wholemeal)

- 1 Filling ..... \$4.50
- 2 Fillings ..... \$5.00
- 3 Fillings + ..... \$6.00

### Choose from:

Ham, Chicken, Cheese, Baked Beans, Spaghetti, Garden Salad, Tomato, Vegemite, Banana & Honey

## Wraps

- 1 Filling ..... \$4.50
- 2 Fillings ..... \$5.00
- 3 Fillings + ..... \$6.50

### Choose from:

Ham, Chicken, Cheese, Garden Salad & Tomato

## Fruit, Nibbles & Treats

- Carrot Sticks \* ..... \$0.50
- Mixed Bag of Dried Fruit \* ..... \$0.50
- Fresh Fruit in Season \* ..... \$1.00
- Popcorn \* ..... \$0.50
- Muffins ..... \$2.00
- Anzac Biscuits ..... \$1.50
- Jelly Cup \* ..... \$1.50  
50c reimbursed on return of reusable cup

## Iceburgs

- Frozen Juice Cylinders: \*  
Apple & Blackcurrant or Orange ..... \$1.00
- Frozen Milk Cylinders: \*  
Strawberry or Chocolate ..... \$1.00
- Pineapple Ring UFOs \* ..... \$0.80
- Watermelon \* ..... \$0.80

## Drinks

- 100% Juice: \*  
Apple & Blackcurrant, Apple or Orange ..... \$2.00
- Water \* ..... \$2.00
- Plain Milk \* ..... \$2.00
- Big M: Strawberry or Chocolate \* ..... \$2.50

## Weekly Meal Deals

Each of these comes with Fresh Fruit, Fruit Juice & Popcorn

- Wonder Wraps (Ham or Chicken Salad) ..... \$8.00
- Mr Potato Head \*(Baked Spud with Cheese).. \$8.00

## Canteen Closed Mondays

Subway orders available  
Using the Flexischools app



**Our preferred method of ordering a lunch order is through the Qkr! App.**

Students are encouraged to bring labelled reusable containers for their lunch orders.

Please ensure any cash orders include:

- Student Name
- Studio
- Items ordered and total cost

Prices effective 1st March 2022

