

KILLARA HIGH SCHOOL CANTEEN MENU TERM 1 2021

HOT FOOD	
Pies (beef, curry, potato, mushroom)	\$4.00
Twista Pasta Bolognese	\$4.00
Beef Lasagne	\$4.00
Penne Napolitana	\$4.00
Vegetarian Lasagne	\$4.00
Macaroni Cheese	\$4.00
Ravioli Napolitana	\$4.00
Spaghetti Bolognese	\$4.00
Chicken Lasagne	\$4.00
Butter Chicken and rice	\$5.00
Teriyaki Chicken Noodles	\$5.00
Teriyaki Chicken and rice	\$5.00
Japanese Curry Rice (V)	\$5.00
Beef Bulgogi and rice	\$5.00
Pumpkin Curry (V)	\$5.00
Green Thai Curry Chicken	\$5.00
Massaman Berry Curry	\$5.00
Hearty Beef Casserole	\$5.00

HOT ROLLS	
Chicken roll	\$3.00
Ham & Cheese roll	\$3.00
Cheese roll	\$2.00
Sausage roll	\$3.00
Cheese & Spinach roll	\$3.00
Garlic bread	\$1.00
Chicken Burger (Friday)	\$4.00
Vegetarian Burger (Friday)	\$4.00

SOUP (changes daily)	
Pumpkin (V, GF)	\$3.50
Potato and Leek (V, GF)	\$3.50
Thai Creamy Chicken	\$3.50
Chicken and Corn	\$3.50
Chorizo Minestrone Soup	\$3.50
Wild Mushroom Soup	\$3.50
Creamy Tomato Basil	\$3.50
Chicken and Vegetable	\$3.50
Curried Cauliflower (vegan)	\$3.50
Asparagus & Peppercorn (vegan)	\$3.50
Fantastic Cup Noodles (Chicken & Beef)	\$2.50
Fantastic Cup Noodle (Chicken Gluten Free)	\$2.50

SUSHI	
Teriyaki Chicken	\$3.00
Katsu Chicken	\$3.00
Tuna Cucumber	\$3.00
Spicy Tofu (V)	\$3.00
Avocado	\$3.00
California Roll	\$3.00

Mini Cucumber (V)	\$3.00
Vietnamese rice paper roll	\$3.00

SALADS (changes weekly)	
Glass Noodles with Asian vegetables (vegan)	
Black Quinoa and Sweet Potato (vegan)	\$3.50
Chicken Basil Pesto Pasta	\$3.50
Singapore Noodles (V)	\$3.50
Thai Beef Noodles	\$3.50
Turmeric Couscous Cauliflower Cranberry	\$3.50
Tortellini Pesto Pumpkin	\$3.50
Pesto Pasta	\$3.50
Italian Penne Salad	\$3.50
Chickpea with Pumpkin	\$3.50

SANDWICHES	
Chicken & Salad roll	\$3.00
Cheese & Salad roll	\$3.00
Cheese & Tomato roll	\$3.00
Ham, Cheese & Tomato roll	\$3.00
Sweet Chilli Chicken wrap	\$3.00
Tandoori Chicken wrap	\$3.00
Falafel and Tabouli wrap	\$3.00
Smashed Egg & Mayo	\$3.00
Tuna, Dill & Mayo	\$3.00
Roast Veggie Red Pesto Mayo (vegan)	\$3.00
Shredded Chicken & Basil Mayo	\$3.00
Shredded Chicken with Mayo	\$3.00
Pork & Veg Dumplings (once a month)	\$2.50

HEALTHY SNACKS	
Yoghurt with Muesli	\$2.50
Yoghurt with Apple Coconut Muesli	\$2.50
Yoghurt with Apricot & Peach	\$2.50
Yoghurt with Mango	\$2.50
Apricot with Strawberries	\$2.50
Tub of Watermelon	\$2.00
Watermelon slice	\$0.50
Rock Melon slice	\$0.50
Apple	\$0.50
Mandarin (in season)	\$0.50
Vegie/hommus box	\$2.00
Cheese & Crackers	\$1.50
Freeze Dried Fruit – mango/strawberry/pineapples	\$1.50
Frozen Watermelon	\$0.50
Frozen Pineapple	\$0.50
Frozen Rockmelon	\$0.50

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BAKERY	
Cheese & Bacon roll	\$2.50
Cheese & Vegemite scroll	\$2.50
Choc-lite muffin	\$2.50
Blueberry muffin	\$2.50
Buttered roll	\$0.60
Choc-lite biscuit	\$1.00
Cinnamon donut	\$1.00
Spring roll	\$2.50

SNACKS	
Baked Pretzels – mini	\$1.00
Banana Bread	\$2.50
Gluten free cookies	\$3.00
Grain Waves Sour Cream Chives	\$1.50
Koala Popcorn Chicken	\$1.50
Koala Sea Salt popcorn	\$1.50
Koala Popcorn- BBQ	\$1.50
Smith Salt & Balsamic Vinegar chips	\$1.50
Red Rock Deli -Sea Salt	\$1.50
Sunbites Crackers Cheddar & Chives	\$1.00
Sunbites Crackers -Quinoa Onion & Balsamic	\$1.00

HOT DRINKS	
Hot Chocolate	\$2.00
Hot Tea	\$2.00

COLD DRINKS	
Plain Milk 300ml	\$1.50
Flavoured Milk small	\$2.50
Flavoured Milk large	\$3.50
Just Juice: <ul style="list-style-type: none"> • Orange • Orange Mango • Apple • Apple Blackcurrant 	\$1.00
Daily Juice Fresh Juice: <ul style="list-style-type: none"> • Apple • Orange 	\$3.50
Fizzy juice bombs: <ul style="list-style-type: none"> • Apple Cola • Watermelon • Apple Raspberry • Apple Blackcurrant • Orange Passionfruit • Vanilla Lime • Grape 	\$2.00
Ice teas: <ul style="list-style-type: none"> • Blackcurrant • Peach • Mango • Lemon 	\$3.50
Aloe Flavours: <ul style="list-style-type: none"> • Original • Peach • Lychee 	\$3.50

<ul style="list-style-type: none"> • Grape • Watermelon • Pomegranate 	
Mt. Franklin Water	\$2.00
Mt. Franklin Sparkling	\$2.00
Pump Water	\$3.50
Powerade Zero	\$3.50
Mt Franklin Flavoured Water <ul style="list-style-type: none"> • Mango • Berry • Lime • Lemon 	\$3.00
Up & Go Chocolate	\$2.00
Up & Go Caramel (GF)	\$2.00

COLD TREATS	
Ice Mony <ul style="list-style-type: none"> • Iced Red Berry • Iced Blue Raspberry • Freeze Pops Chocolate • Sour Strawberry • Sour Watermelon 	\$1.00
Twisted Frozen Yoghurt <ul style="list-style-type: none"> • Chocolate • Watermelon/mango 	\$2.00
Bulla Frozen yoghurt <ul style="list-style-type: none"> • Mango • Strawberry 	\$2.00
Juices <ul style="list-style-type: none"> • Wildberry • Tropical • Lemon • Orange 	\$1.50
Snap Stix Sugar Free <ul style="list-style-type: none"> • Blue Raspberry • Sour Blackcurrant • Sour Grape • Watermelon 	\$1.00