

KHS CANTEEN MENU 2024

HOT FOOD PIES	
Beef	\$4.00
Curry	\$4.00
Potato	\$4.50
Mushroom	\$4.00
HOT MEALS (new items will be added time from time)	
Twista Pasta Bolognese	\$5.00
Beef Lasagne	\$5.00
Penne Napolitana	\$5.00
Vegetarian Lasagne	\$5.00
Macaroni cheese	\$5.00
Ravioli Napolitana	\$5.00
Spaghetti Bolognese	\$5.00
Chicken Lasagne	\$5.00
Butter Chicken rice from Zeera Tadka	\$7.00
Butter chicken rice	\$6.00
Teriyaki chicken noodles	\$6.00
Teriyaki chicken rice	\$6.00
Japanese curry rice (veg)	\$6.00
Beef Bulgogi and rice	\$6.00
Pumpkin curry rice (Veg)	\$6.00
Green Thai curry chicken rice	\$6.00
Hearty beef casserole rice	\$6.00
Loaded veg Indian curry (Veg)	\$6.00
Special Rice Meal Wed & Thur (changes from time to time)	\$6.00
Chicken katsu curry	\$6.00
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	\$1.30

SOUP FOR WINTER (changes daily)	
Pumpkin (V, GF)	\$4.00
Cauliflower Dijon	\$4.00
Thai creamy chicken	\$4.00
Chicken and corn	\$4.00
Chorizo Minestrone	\$4.00
SUSHI	
Teriyaki Chicken Sushi	\$3.50
Katsu Chicken Sushi	\$3.50
Tuna Cucumber Sushi	\$3.50
Avocado sushi	\$3.50
Vietnamese rice paper roll	\$3.50
California Roll	\$3.50
Spicy Tofu (Vegetarian)	\$3.50
Teriyaki Tofu with cucumber/avocado (Vegetarian)	\$3.50
Kimbab/Onigiri -Tuna	\$3.50
Kimbab/Onigiri -Teriyaki	\$3.50
Kimbab/Onigiri -Teriyaki Chicken	\$3.50
Kimbab/Onigiri-Spicy Chicken	\$3.50
Kimbab/Onigiri -Prawn Katsu	\$3.50
Kimbab/Onigiri- Korean Fried Chicken	\$3.50
SALADS (changes weekly)	
Glass Noodles with Asian vegetables (vegan)	\$4.50
Chicken Basil pesto pasta	\$4.50
Asian Noodles with Crunchy Veg	\$4.50
Herby Quinoa & Broccoli W Green Tahini Dressing	\$4.50
Pumpkin Couscous (V)	\$4.50
Edamame, Freekeh & Kale (V)	\$4.50
Tomato & Chicken Penne	\$4.50
SANDWICHES/ROLLS/WRAP	
Chicken & Salad roll	\$3.50
Cheese & Salad roll	\$3.50

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Ham, cheese and tomato roll	\$3.50
Sweet Chilli chicken wrap	\$3.50
Tandoori chicken wrap	\$3.50
Falafel and tabouli wrap	\$3.50
Smashed Egg & Mayo sandwich	\$3.50
Tuna sandwich	\$3.50
Cheese & Tomato	\$3.00
Shredded Chicken with Mayo	\$3.50
Chicken & Veg Dumplings (occasionally-winter)	\$3.00
Potato Wedges & Nuggets (Only on Wednesday & Thursday)	\$2.50
HEALTHY SNACKS	
Yoghurt with Muesli	\$3.00
Vaalia Yoghurt Mango	\$3.00
Tub of watermelon	\$3.00
Rockmelon slices	\$0.50
Apple	\$0.50
Mandarin (in season)	\$0.50
Vegie/hummus box	\$2.50
Freeze Dried Fruit - Mango/Strawberries/Pineapple	\$2.00
BAKERY	
Cheese & bacon roll	\$2.50
Cheese & vegemite scroll	\$2.50
Muffin	\$2.50
Buttered roll	\$0.70
Biscuit	\$1.00
Cinnamon donut	\$1.00
SNACKS	
Banana Bread	\$2.50
Grain Waves Sour cream chives	\$1.50
Koala Popcorn Chicken	\$1.50
Koala Sea salt popcorn	\$1.50
Koala Popcorn- BBQ	\$1.50
Red Rock Deli -Sea Salt	\$1.50

HOT DRINKS	
Hot Chocolate	\$2.00
Hot Tea	\$2.00
COLD DRINKS	
Plain milk 300ml	\$2.00
Flavoured milk small	\$2.50
Flavoured milk large	\$3.50
Just Juice:	
1. Apple	
2. Apple Blackcurrant	
3. Mango & Orange	
4. Orange	\$1.00
Daily Juice Fresh Juice:	\$3.50
Fizzy juice bombs (Sugar Free):	
1. Watermelon	
2. Apple raspberry	
3. Apple blackcurrant	
4. Orange passionfruit	
5. Vanilla Lime	
6. Grape	\$2.00
Ice teas (Sugar Free):	
1. Peach	
2. Green Tea Mango	\$3.50
Aloe Flavours:	
1. Original	
2. Peach	
3. Watermelon	
4. Grape	
5. Lychee	\$3.50
Mt. Franklin water	\$2.50
Mt Franklin sparkling	\$2.50
Pump Water	\$3.50
Up & Go chocolate	\$2.00

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ICE CREAM	
Sugar free snap stix 1. Blue Raspberry 2. Blackcurrant 3. Sour Grape 4. Watermelon 5. Sweet Pineapple	\$1.00
Twisted Frozen Yoghurt 1. Vanilla & Chocolate 2. Watermelon & mango	\$2.00
Frozen watermelon slice	\$0.50
Frozen slice pineapple	\$0.50
Frozen rockmelon (in season)	\$0.50