

KHS CANTEEN MENU

HOT FOOD	
<i>Pies</i>	
Beef	\$4.00
Curry	\$4.00
Potato	\$4.50
Mushroom	\$4.00
Meals (New items will be added from time to 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	\$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
Massaman Beef Curry rice	\$6.00
Hearty Beef Casserole rice	\$6.00
Loaded Veg Indian Curry (Veg)	\$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	\$1.00
Chicken Burger (Friday-winter)	\$5.00
Vegetarian Burger (Friday-winter)	\$5.00

Soup – winter – changes daily	
Pumpkin (V, GF)	\$4.00
Cauliflowers Dijon	\$4.00
Thai Creamy Chicken	\$4.00
Chicken and Corn	\$4.00
Chorizo Minestrone Soup	\$4.00
Wild Mushroom Soup	\$4.00
Roasted Tomato & Feta	\$4.00
Chicken and Vegetable	\$4.00
Roasted Tomato & Feta	\$4.00
Thai Sweet Potato & Coconut	\$4.00
Fantastic Cup Noodles (Chicken & Beef)	\$2.50
Fantastic Cup Noodle (Chicken Gluten Free)	\$2.50
SUSHI	
Teriyaki Chicken	\$3.50
Katsu Chicken	\$3.50
Tuna Cucumber	\$3.50
Spicy Tofu Sushi (Veg)	\$3.50
Avocado sushi	\$3.50
California Roll	\$3.50
Mini cucumber Sushi (Veg)	\$3.50
Vietnamese rice paper roll	\$3.50
Salads (Changes weekly)	
Glass Noodles with Asian vegetables (vegan)	\$4.50
Black Quinoa and sweet potato (vegan)	\$4.50
Chicken Basil pesto pasta	\$4.50
Singapore Noodles (V)	\$4.50
Thai Beef Noodles	\$4.50
Pumpkin Couscous (V)	\$4.50
Edamame, Freekeh & Kale (V)	\$4.50
Herby Quinoa Broccoli w Green Tahini Dressing	\$4.50

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SANDWICHES/ROLLS/WRAPS			
Chicken & Salad roll	\$3.00	Grain Waves Sour Cream Chives	\$1.50
Cheese & Salad roll	\$3.00	Koala Popcorn - chicken	\$1.50
Cheese and tomato roll	\$3.00	Koala Popcorn - sea salt	\$1.50
Ham, cheese and tomato roll	\$3.00	Koala Popcorn - BBQ	\$1.50
Sweet Chilli chicken wrap	\$3.00	Smith's Chips Salt & Balsamic Vinegar	\$1.50
Tandoori chicken wrap	\$3.00	Red Rock Deli -Sea Salt	\$1.50
Falafel and tabouli wrap	\$3.00	Baked Pretzels Minis	\$1.00
Smashed Egg & Mayo Sandwich	\$3.00	HOT DRINKS	
Tuna, Dill and Mayo Sandwich	\$3.00	Hot Chocolate	\$2.00
Roast Vegie Red Pesto Mayo Sandwich (Vegan)	\$3.00	Hot Tea	\$2.00
Shredded Chicken with Mayo	\$3.00	COLD DRINKS	
Pork & Veg Dumplings (Occasionally)	\$3.00	Plain Milk 300ml	\$1.50
HEALTHY SNACKS		Flavoured Milk small	\$2.50
Yoghurt with Muesli	\$3.00	Flavoured Milk large	\$3.50
Yoghurt with Apple coconut Muesli	\$3.00	Just Juice:	
Yoghurt With Mango	\$3.00	1. Orange	
Tub of watermelon	\$3.00	2. Orange Mango	\$1.00
Rock Melon Slices	\$0.50	3. Apple	
Apple	\$0.50	4. Apple Blackcurrant	
Mandarin (in season)	\$0.50	Daily Juice Fresh Juice:	
Vegie/hoummos box	\$2.00	1. Apple	\$3.50
Freeze Dried Fruit - Mango/Strawberries/Pineapple	\$2.00	2. Orange	
BAKERY		Fizzy juice bombs:	
Cheese & bacon roll	\$2.50	1. Apple Cola	
Cheese & vegemite scroll	\$2.50	2. Watermelon	
Choc lite muffin	\$2.50	3. Apple raspberry	\$2.00
Blueberry muffin	\$2.50	4. Apple blackcurrant	
Buttered roll	\$0.60	5. Orange passionfruit	
Choc-lite biscuit	\$1.00	6. Vanilla lime	
Cinnamon donut	\$1.00	7. Grape	
Spring roll	\$3.00	Ice teas:	
SNACKS		1. Blackcurrant	
Banana Bread	\$2.50	2. Peach	\$3.50
Gluten free cookies	\$3.00	3. Mango	
		3. Lemon	
		Aloe Flavours:	
		1. Original	\$3.50
		2. Peach	
		3. Lychee	

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4. Grape 5. Watermelon	
Mt Franklin Water	\$2.00
Mt Franklin Sparkling	\$2.50
Pump Water	\$3.00
Powerade zero (Blue & Red)	\$3.50
Groove Flavour Water 1. Raspberry	\$2.50
Up & Go chocolate	\$2.00
ICE CREAM	
Sugar free Snap Stix 1. Blue Raspberry 2. Blackcurrant 3. Sour Grape 4. Watermelon	\$1.00
Twisted Frozen Yoghurt 1. Chocolate 2. Watermelon/mango	\$2.00
Bulla Frozen yoghurt 1. Mango	\$2.00
Frozen Watermelon slice	\$0.50
Frozen slice Pineapple	\$0.50