## Grab & Go Food Express

# Primary School CANTEEN MENU

"We take school lunches seriously"

Proudly using Riverland local produce -

7.00

4.50

### SALADS PACKS 6.50

Served with a garden salad

- **ROAST CHICKEN TENDERLOIN**
- HAM
- **EGG**
- **TUNA**

# SPECIALTY SALADS

#### **■ CHICKEN CAESAR**

chicken tenderloins, cos lettuce, egg, crispy bacon, croutons, parmesan cheese and ranch dressing

#### **TANGY TOMATO**

penne pasta with cucumber and tangy tomato dressing

### SANDWICHES

- AVOCADO & CHEESE
- ROAST CHICKEN
- **HAM**
- **EGG**
- **VEGEMITE**
- **CHEESE & SALAD**

Add salads - lettuce, tomato, cheese, cucumber, carrot

#### WRAPS

6.00

With choice of salad on the app

- TURKEY
- HAM
- CHICKEN
- VEGAN HUMMUS, AVOCADO, HUMMUS, ALFALFA, CUCUMBER, TOMATO

### **PASTRIES**

5.50

4

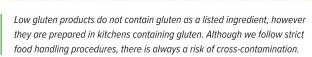
- **MEAT PIE**
- SAUSAGE ROLL
- PASTY
- JUNIOR PIE
- QUICHE 6
- WHOLEMEAL VEGETARIAN PASTY 6
- GLUTEN FREE PIE 6.5

Green foods

Amber foods

The AMBER items will rotate through the week







Orders need to be placed on the QKR! app before your schools cutoff time.

# **Primary School** Grab & Go Food Express CANTEEN MENU "We take school lunches seriously"

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#### HOT FOODS SNACKS 7.00 3.00 FRESH FRUIT CUPS CHICKEN TACO SALAD with lettuce, tomato, avocado, chicken & sour cream MINI MUFFINS CHICKEN YIROS **YOGHURT** with lettuce, cheese, tomato & yoghurt **JELLY ■ GRILLED CHICKEN BURGER** CHOCOLATE CUSTARD with lettuce, tomato & cheese CHEESE & BISCUITS **■ HANDMADE HAMBURGER** with cheese & sauce POPCORN 2.5 BOLOGNAISE (LEAN BEEF MINCE) BANANA CHIPS 2.5 with pasta, packed with hidden vegetables CHOCOLATE DONUT 4.5 LASAGNE BUTTER CHICKEN with rice DRINKS 3.00 BAKED POTATO with bolognaise sauce ORANGE JUICE NACHOS ■ APPLE JUICE with mild salsa APPLE BLACKCURRANT JUICE PLAIN HOTDOG 5.5 WATER HOTDOG WITH CHEESE 5.8 HAM & CHEESE CROISSANT 5.5 3.50 Flavoured milks & Up & Go CHICKEN NUGGET .9 CHOCOLATE PLANT BASED NUGGET .9 STRAWBERRY 5.5 PIZZA HONEYCOMB GLUTEN FREE BURGER BUN VANILLA Green foods Amber foods

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