## G | Grab & Go Food Express

## High School CANTEEN MENU

"We take school lunches seriously"

Proudly using Riverland local produce

## SALADS

GREEK SALAD

ALL 9.50

- **CHICKEN CAESAR SALAD** (GF option available) chicken, egg, crisp bacon, parmesan, cos and aioli
- TERIYAKI CHICKEN SALAD teriyaki chicken, rice noodles, carrot, spring onions,
- teriyaki chicken, rice noodles, carrot, spring onions.
  Asian herbs
- ROAST CHICKEN SALAD tomatoes, cucumber, lettuce, red onion,
- choice of vinaigrette or honey mustard dressing
- fetta, tomato, olives, green leaves, cucumber, dressing
- penne pasta tossed with bacon, chicken, cherry tomatoes, celery, green peppers and ranch dressing

## AROUND THE WORLD

#### Multi-cultural Food

**ALL 9.50** 

■ INDIAN BUTTER CHICKEN (GF)

chicken marinated in yoghurt and Indian spices, served with a tomato creamy sauce and rice

**■ TERIYAKI CHICKEN** 

crispy skinless chicken, stirfried in teriyaki sauce and served with broccoli and rice

FALAFEL BURGER

with tahini yoghurt sauce, fresh slice of tomato and lettuce

**TRADITIONAL NACHOS** 

mild spicy meat sauce with hidden veg, kidney and black beans, crispy corn chips, topped with cheese and sour cream

■ BEEF LASAGNA

freshly prepared bolognaise, bechamel sauce, cheese between lasagna sheets

**HANDMADE BEEF BURGER** 

with cheese, fresh slices of tomato, crispy lettuce and burger sauce.

### SPECIALS

**ALL 9.50** 

CHICKEN YIROS

crisp chicken, yoghurt, lettuce, tomato, cheese served in a wrap

**■ SPAGHETTI BOLOGNAISE** 

classic bolognaise, house made, spaghetti, cheese

HANDMADE CHICKEN BURGER

with cheese, fresh slices on tomato, crispy lettuce and burger sauce

## DAILY MEALS

[Rotates]

6

9

6

OVEN BAKED CHICKEN BREAST NUGGETS

choice of sauce - tomato, BBQ OR sweet chilli

**KRANSKY** sausage wrapped in pastry and baked

- CHIPS AND GRAVY CUP 6
- **BREKKY BURGER**bacon, egg, hashbrown, spinach, cheese, mayo

PIZZA Hawaiian 6" pizza

- COLD ROLLS
- FRIED RICE VEGETARIAN

■ Green foods

Amber foods

The AMBER items will rotate through the week



Low gluten products do not contain gluten as a listed ingredient, however they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.



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

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## **FAVOURITES**

**Snacks and Small Items** 

FRESH FRUIT TUBS	4.5
■ VEGETABLE STICKS AND DIPS	4
■ CROISSANTS with various fillings	<b>6</b>
PORK RIBLETS	6
MUFFINS	4
CORNFLAKE COOKIE	4
ANZAC BISCUIT	2
SUSHI 1/2 Serve 6   Fu	<i>III</i> 7.5
QUICHE	6
CHOCOLATE CUSTARD	3.5
JELLY CUPS	3.5
OVERNIGHT OATS	5
HOTDOG with cheese	6.5
PASTRIES	6
■ EGG AND BACON MUFFIN with green leaves, aioli	6
■ EGG AND AVOCADO MUFFIN	5.5
WARM BANANA BREAD	5
served with fresh banana, berries and maple sy	rup
RAWBAR	4.5
RIVERLAND ALMOND BLISS BALL	3.5
MINI ASSORTED DANISHES	5.3
STREUSEL CAKE	3
RAISIN TOAST	2
■ FRUIT apples, oranges or local seasonal fru	it <b>1.5</b>

## ICE BLOCKS

5	ICY POLE	
1	QUELCH 99% fruit juice (v, veg, df, low glu	TEN)
	ZOOPER DOOPER	
	BILLABONG	
	MILO CUP	
	LIFE SAVER	

#### **FAVOURITES**

CDILLED HALOUMI

Panini, Baguettes, Wraps,
Sandwiches and Seeded Rolls

GRILLED HALOUMI
with avocado, roast tomato
■ BLTA - bacon, lettuce, tomato, avocado
■ CHICKEN CAESAR BAGUETTE
■ TANDOORI CHICKEN
with tomato, onion, lettuce, yoghurt

FRESHLY CRUMBED CHICKEN SCHNITZEL 9.5 with tomato, cheese and lettuce

**HAM SALAD ROLLS** 

AVOCADO SALAD ROLLS

VARIETY OF SANDWICHES

## DRINKS

■ NIPPY'S WATER 600ml 3.5 | 750ml 4

■ NIPPY'S UNSWEETENED FRUIT JUICES 4 orange, apple or apple blackcurrant

■ NIPPY'S FLAVOURED 600ml 4
SPARKLING MINERAL WATER

**■ LIPTON ICED TEA** 

lemon, peach, mango 500ml 4

KOMBUCHA 250ml 4

NIPPY'S 250ml 3.5 | 375ml 4.5 | FLAVOURED MILKS

chocolate, banana, honeycomb, strawberry

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