

# KANWAL PS CANTEEN MENU

Lakes Catering

## GLUTEN FREE

Chicken Tender Wrap	\$9.00
Garlic Bread	\$4.50
Cheese Pizza	\$6.00
Nuggets (3) \$ 4.00 or (6)	\$6.00
Popcorn sml: 50c lg:	\$1.00
Meat Pie	\$8.00
Sausage Roll	\$6.50

## VEGETARIAN

Spinach & Ricotta Roll	\$4.50
Macaroni Cheese Bake	\$6.00
Vegetarian Pizza	\$5.00
Veggie Burger	\$6.50

## VEGAN

Falafel Wrap on Pita Bread	\$9.00
Chickpea & Lentil Burger	\$6.50
Tender Wrap	\$9.00
Vegan Nuggets (6)	\$6.00
Meat Free Sausage Roll	\$5.50
Rice Cakes with vegemite & avo (2)	\$5.00



## BREAKFAST

Ham & Cheese Special	\$1.50
Mini Scrolls - pack of 3	\$1.50
Ham & Cheese Roll	\$2.00
Yoghurt	\$2.00
Hot Chocolate	\$1.50
Fresh Fruit	\$1.50
Yoghurt & Muesli	\$3.00
Fruit Salad	\$2.50
Pancakes	\$2.00



## HOT ITEMS

Garlic Bread	\$2.50	Spaghetti Bolognese	\$6.00
Sausage Roll	\$4.20	Macaroni Cheese Bake	\$6.00
Beef Pie	\$5.00	Butter Chicken with Rice	\$6.00
Spinach & Ricotta Roll	\$4.50	Fried Rice with Chicken	\$6.00
Nuggets (3)	\$2.50		
Nuggets (6)	\$4.00		
Corn Cob	\$1.50		
Nachos	\$6.50		



Order online at Flexischools  
Cut off for orders 9am

**flexischools**  
www.flexischools.com.au



## SALADS

Garden Salad (lettuce, cheese, tomato, beetroot, cucumber, carrot, dressing)	\$6.50
Caesar Salad (lettuce, parmesan cheese, egg, croutons, ham, dressing)	\$7.50
ADD extras:	
Lettuce, tomato, carrot, beetroot cucumber or onion	80c
Cheese, pineapple, egg, avocado, ham, chicken or tuna	\$1.50

## FROZEN SNACKS



Frozen milk cup	20c
Quelch Iceblock	50c
Snapstix	\$1.00
TNT Ice mony	\$1.00
Moosie	\$1.50
Frozen Juice Cup	\$1.00
Frozen Yoghurt	\$2.00

## DRINKS



Water sml: \$1.50 lg:	\$2.50
Popper	\$1.80
Up & Go	\$3.00
Oak Milk	\$3.00
Milkshake	\$2.00
Juice Bomb	\$3.00
Fruit Slushie	\$2.00

OPEN MON-FRI 8.20AM-1.40PM EFTPOS AVAILABLE

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## PIZZAS

Cheese Pizza	\$4.50
Ham Pizza	\$5.00
Hawaiian Pizza	\$5.00
Vegetarian Pizza	\$5.00
BBQ Chicken	\$5.00



## TOASTIES

choose from wholemeal or white bread

Cheese	\$4.00
Cheese & Tomato	\$4.50
Ham & Cheese	\$5.00
Ham, Cheese & Tomato	\$5.50
Ham, Cheese & Pineapple	\$5.50
Chicken & Cheese	\$6.00
Chicken, Cheese & Avocado	\$7.00

### TURKISH MELTS

Chicken, Cheese & Avocado	\$8.00
Ham, Cheese & Pineapple	\$8.00



## SANDWICHES

choose from wholemeal or white bread  
change to Gluten Free Bread \$2.00  
change to a roll \$1.00

Cheese / Vegemite / Honey	\$3.50
Cheese & Tomato	\$4.00
Tuna / Ham	\$4.00
Egg, Lettuce & Mayo	\$5.00
Ham Cheese & Tomato	\$5.00
Chicken	\$5.00
Salad	\$6.50
Ham & Salad	\$7.50
Chicken & Salad	\$7.50



## BURGERS AND WRAPS

Cheeseburger (meat, cheese, tom sauce)	\$5.50
Beef Burger (meat, cheese, tom, lettuce, beet, BBQ sauce)	\$7.00
Chicken Burger (chicken, lettuce & mayo)	\$6.50
BBQ Chicken Burger (chicken, cheese & BBQ sauce)	\$6.50
Vegie Burger (chick pea & lentil pattie, lettuce, tom, swt chilli)	\$7.00
Mini Chicken Tender Wrap (tender, let, cheese, mayo)	\$3.50
Chicken Tender Wrap (tenders, let, cheese, tomato, mayo)	\$6.50
Ham & Salad Wrap (ham, let, cheese, tomato, bet, cuc, carrot)	\$7.50
Chicken & Salad Wrap (chkn, let, cheese, tom, bet, cuc, carrot)	\$7.50



## EXTRAS

Tomato Sauce, BBQ Sauce, Mayo	\$0.50
Lettuce, tomato, carrot, beetroot cucumber, onion	\$0.80
Cheese, pineapple, egg, avocado, ham, chicken or tuna	\$1.50

The canteen uses 100% chicken breast for all our fresh sandwiches and salads

## FRUIT & SNACKS



Carrot Sticks	\$1.50	Watermelon Bowl - small	\$3.00
Carrot Sticks and Dip	\$2.00	Watermelon Bowl - large	\$5.00
Piece of Fruit (seasonal)	\$1.50	Grape Bowl - small	\$2.50
Cheese and Crackers	\$2.00	Fruit Salad - small	\$3.00
Popcorn sml: 50c lg: \$1.00		Fruit Salad - large	\$5.00
Custard	\$1.00	Fruit Salad & Yoghurt	\$6.00
Jelly	\$1.00	Fruit Salad & Custard	\$6.00
Boiled Egg	\$1.50	Pancakes	\$2.00
Yoghurt	\$2.00	Red Rock Chips or Grainwaves	\$1.50
Yoghurt & Muesli	\$4.00	Cheese & Ham Roll	\$2.00
Rice Cakes w/ Vegemite	\$2.00	Rice Cakes w/ Veg & Avocado	\$4.50