

Canteen Menu



We are an allergy aware school.
GF = Gluten Free
V = Vegetarian



Menu items need to be ordered on the **QKR app** by **9am**.

Green Foods can be eaten every day. These foods include lean cuts of meat, low fat cheeses / dressings, and are lower in saturated fat or sodium.

Amber Foods are more processed and may contain higher levels of fat, sugar and sodium compared to Green Foods. Students are encouraged to choose carefully from this range.

Sandwiches & Rolls / Wraps

Available to order Monday – Thursday

Margarine	Sandwich	\$ 3.00	Roll / Wrap	\$ 3.50
Vegemite	Sandwich	\$ 3.00	Roll / Wrap	\$ 3.50
Light Cheese	Sandwich	\$ 3.50	Roll / Wrap	\$ 4.00
Tuna	Sandwich	\$ 3.50	Roll / Wrap	\$ 4.00
Ham	Sandwich	\$ 4.00	Roll / Wrap	\$ 4.50
Salad*	Sandwich	\$ 4.50	Roll / Wrap	\$ 5.00
Light Cheese + Salad*	Sandwich	\$ 5.00	Roll / Wrap	\$ 5.50
Ham + Salad*	Sandwich	\$ 5.00	Roll / Wrap	\$ 5.50
Tuna + Salad*	Sandwich	\$ 5.00	Roll / Wrap	\$ 5.50
Chicken + Salad*	Sandwich	\$ 5.50	Roll / Wrap	\$ 6.00

*Salad includes lettuce, tomato, carrot and cucumber



Toasted Burrito \$ 4.00
Ham, cheese, passata sauce

Hot Chicken Roll \$ 5.00
Hot Ham & Cheese Roll \$ 5.00

Toasted Sandwiches

Available to order Monday – Friday

Light Cheese	\$ 4.00	Ham + Light Cheese	\$ 5.00
Light Cheese + Tomato	\$ 4.50	Ham + Light Cheese + Tomato	\$ 5.50

Baked Potatoes (GF)

Available to order Monday – Friday

Baked Potato	\$ 4.00	+ Tuna	\$ 0.50
+ Baked Beans	\$ 0.50	+ Light Cheese	\$ 0.50

Hot Meals

Available to order Monday – Friday

Butter Chicken + Rice (GF)	\$ 6.50	Vegetarian Fried Rice (V)	\$ 6.00
Penne Pasta + Neapolitana Sauce (V)	\$ 6.00	Macaroni Pasta + Cheese (V)	\$ 6.00
Twist Pasta + Bolognese Sauce	\$ 6.50		

Burgers

Available to order Monday – Thursday

Beef Patty	\$ 5.50	Crumbed Chicken Fillet	\$ 5.50
White sesame seed bun Lettuce + tomato (optional)		White sesame seed bun Lettuce + tomato (optional)	
+ Light Cheese	\$ 1.00	+ Mayonnaise	\$ 0.50
+ Tomato Sauce	\$ 0.50		

Sushi + Cold Rolls

Supplied by
Tempt Asian

Available to order Friday only

Chicken Teriyaki (GF)	\$ 3.50	Vegetarian Cold Roll (GF, V)	
Tuna (GF)	\$ 3.50	Please note sauces contain gluten.	

Other Options

Available to order Monday – Friday

Sweet Chilli Chicken Mini Wrap \$ 4.00

Options: lettuce, tomato, mayonnaise

Ham + Mozzarella Cheese Pizza \$ 4.00

Crumbed Chicken Fillet \$ 3.50

Crumbed Fish Fillet \$ 3.50

Hash Brown \$ 1.00

Hot Pastries

Available to order Friday only

Meat Pie \$ 5.50

Vegetarian Pasty \$ 5.30

Sausage Roll \$ 4.50

Party Pie \$ 1.80

+ Tomato Sauce \$ 0.50

Hot Dogs

Available Tuesday & Friday only

Hot Dog Sausage + Roll \$ 4.50

+ Light Cheese \$ 1.00

+ Tomato Sauce \$ 0.50

+ Mustard \$ 0.50

Half Hot Dogs available via QKR app

Drinks

Available to order Monday – Friday

Water (600ml) \$ 1.50

Plain UHT Milk (200ml) \$ 2.00

Fruit Juice (250ml) \$ 3.00

Assorted Flavours

Up & Go (250ml) \$ 3.00

Flavoured Milk (250ml) \$ 3.00

Assorted Flavours

Slushy \$ 2.00

Fruit Puree & Water

Snacks & Ice Blocks

Available to order Monday – Friday

Pikelets \$ 1.00

Apple Slinky \$ 1.50

Popcorn \$ 1.50

Rice Crackers \$ 1.00

Jumpies (Chicken) \$ 2.00

Red Rock Deli Chips \$ 2.00

(Sea Salt, Honey Soy Chicken)

Muffins (Blueberry, Banana, Chocolate) \$ 1.00

Frozen banana on a stick \$ 0.50

Quelch (frozen fruit juice) \$ 1.00

Frozen Fruit Cup (Apple / ABC) \$ 1.50

Ice Cream Cup (Vanilla) \$ 1.50

Frozen Custard (Chocolate) \$ 1.50

Frosty Fruit Ice Blocks \$ 2.00

(Tropical, Watermelon)