SALADS (HOMEMADE)	$	EVERYDAY ITEM	DIETARY OPTIONS
School Salad Bowl (no bread) w/ lettuce, carrot, tomato, cucumber, cheese Opt: + chicken/ham/egg +$1 Opt: + dressings +$1	$5.00	✓	V GFO DFO

SANDWICHES AND WRAPS (HOMEMADE)	$	EVERYDAY ITEM	DIETARY OPTIONS
Select the type of bread or wrap to go with the option below *Choice of wholemeal or white bread/wrap* *Option of mayo and butter*			
School Salad w/ lettuce, carrot, tomato, cucumber and cheese	$5.00	✓	V
Leg Ham Salad (lean) w/ lettuce, carrot, tomato, cucumber and cheese	$5.50	✓	
Roasted Chicken Salad w/ lettuce, carrot, tomato, cucumber and cheese	$6.00	✓	
Free-Range Egg or Curried Egg w/ lettuce	$4.50	✓	V
Free-Range Egg Salad w/ lettuce, carrot, tomato, cucumber and cheese	$5.50	✓	V
Cheese and Tomato	$3.50	✓	V
Cheese	$3.00	✓	V
Leg Ham (lean)	$3.50	✓	
Leg Ham (lean), Cheese and Tomato	$4.50	✓	
Tomato	$3.00	✓	V
Red Salmon	$5.50	✓	
Tuna	$4.00	✓	
Vegemite	$2.00	✓	V

EXTRAS	$	EVERYDAY ITEM	DIETARY OPTIONS
Cheese, lettuce, tomato, carrot, cucumber, red onion, beetroot, avocado	$0.50	✓	V GF

SNACKS	$	EVERYDAY ITEM	DIETARY OPTIONS
One piece of seasonal fruit (see Qkr! for current price)	MARKET	✓	V, GF, DF
Carrot Sticks	$1.00	✓	V, GF, DF
Cucumber Sticks	$1.00	✓	V, GF, DF
Carrot and Cucumber Sticks	$2.00	✓	V, GF, DF
Carrot, Cucumber and Cheese	$2.50	✓	V, GF, DF
Cheese Stick	$1.00	✓	V, GF
Homemade Muffins (assorted flavours)	$2.50	✓	V
Yoghurt Pouch (assorted flavours)	$3.00	✓	V, GF
"Snackers" Cheese and Crackers	$3.00	✓	V
Boiled Egg	$1.00	✓	V, GF, DF
Corn Chips and Salsa	$3.00	⚠	V, GF

To place an order:

- Use Qkr! (app or desktop) to order online - CARD ONLY
- Use a paper or reusable lunch bag with your student's name, class and food order (including prices) on the front of the bag with money inside - CASH ONLY
- **All orders must be received by 8:50am**

Please note:

- The BEST Canteen tries to ensure all items are available everyday, but this is dependent on season and stock availability.
- Specials are shown on Qkr! under the "Specials" tab.
- Additional Homemade Hot Meals (outside of our regular menu) are available daily. These menu items change frequently and can be found on Qkr! under "Homemade Meals".
- Our canteen supports The Australian Guide to Healthy Eating "Everyday" ✓ and "Occasional" ⚠ items.

Allergen information:

- V = Vegetarian, GF = Gluten Free
- DF = Dairy Free, DFO = Dairy Free Option
- We are pleased to offer a range of gluten free and dairy free / dairy free option menu items, however, **we are not a GF/DF/egg- or allergen-free canteen** and, therefore, cannot ensure cross-contamination will never occur. **Should you have any concerns, please talk to Mrs Best and/or Mrs Morrison who will be delighted to support you.**
- Items listed as GF or DF are made in the same area as items containing gluten and dairy.
- For the list of ingredients for each menu item visit Qkr! and click on the item for the full description.

KOTARA SOUTH PUBLIC SCHOOL P&C CANTEEN MENU

HOT FOOD (HOMEMADE)	$	EVERYDAY ITEM	DIETARY OPTIONS
Warm Rolls - Garlic *(half)*	$1.00	✓	V
Warm Rolls - Garlic *(whole)*	$2.00	✓	V
Warm Rolls - Cheese	$3.00	✓	V
Warm Rolls - Cheese and Garlic	$3.50	✓	V
Warm Rolls - Cheese and Tomato	$3.50	✓	V
Warm Rolls - Ham and Cheese	$4.00	✓	
Warm Rolls - Ham, Cheese, and Tomato	$4.50	✓	
Ham & Cheese Pocket	$4.50	✓	
Pasta Bolognese w/ optional cheese	$6.00	✓	
Fried Rice	$5.50	✓	V
Burrito (Chicken or Beef)	$6.00	✓	
Butter Chicken w/ rice	$6.00	✓	
Macaroni and Cheese	$5.50	✓	V
Pasta Napoletana w/ optional cheese	$4.50	✓	V
Boiled Rice	$3.00	✓	V, GF, DF

DRINKS	$	EVERYDAY ITEM	DIETARY OPTIONS
Water (600ml)	$2.00	✓	V, GF, DF
Flavoured Milk (chocolate or strawberry)	$3.00	✓	V
Juice Box (orange, apple or blackcurrant)	$3.00	✓	V, GF, DF

Our canteen is open five days a week, and we're here to provide healthy, tasty food at affordable prices. Our menu follows the NSW Healthy School Canteen Strategy, offering a range of nutritious options. We also feature homemade items and once-a-term items throughout the year, for example sushi days.

The Best Canteen is managed by the KSPS P&C, and it exists to serve our school community. To stay up and running, it needs to cover expenses like wages, insurance, maintenance, and more. That's where you come in - by placing orders and volunteering your time to help in the canteen. Thank you for your support!

HOT FOOD (NOT HOMEMADE)	$	EVERYDAY ITEM	DIETARY OPTIONS
Beef Lasagne (Allied Chef 220g)	$5.50	✓	
Chicken Wedge Salad Wrap w/ cheese, tomato, carrot, lettuce and mayo	$6.00	⚠	
Chicken Fillet Burger w/ lettuce and mayo Opt: + cheese +$0.50	$5.00	⚠	
Chicken Chippies (6)	$4.00	⚠	
Sausage Roll (120g, lean)	$4.00	⚠	
Meat Pie (90g, lean)	$4.00	⚠	
Spinach and Ricotta Roll (120g)	$4.00	⚠	V

EXTRAS	$	EVERYDAY ITEM	DIETARY OPTIONS
Tomato or BBQ Sauce (packet)	$0.50	⚠	V, GF

FROZEN OPTIONS	$	EVERYDAY ITEM	DIETARY OPTIONS
Snapstix (assorted flavours)	$1.50	✓	V, GF, DF
100% Juice Ice Blocks (homemade)	$0.50	✓	V, GF, DF
Juicies (assorted flavours)	$1.50	✓	V, GF, DF
Everest Low-Fat Chocolate Malt Ice Cream Cups	$2.00	⚠	V, GF
Everest Low-Fat Mango Ice Cream	$2.00	⚠	V, GF
Mini Frozen Yoghurt Sticks (assorted flavours)	$0.50	⚠	V, GF
Moosie (chocolate only)	$2.00	⚠	V, GF
Twisted Frozen Yoghurt Cups (assorted flavours)	$2.50	⚠	V, GF

Please follow our P&C Facebook page for canteen updates and advertised specials: facebook.com/kspspandc

Download the Qkr! app or visit the Qkr! website and search for KSPS to create and account and start ordering.