

KEIRA HIGH SCHOOL CANTEEN MENU

BREAKFAST

Fresh Fruit Salad-GF-V	4.50
Toasted Sandwiches One filling	3.00
Two fillings	3.50
Three fillings	4.00
Raisin Toast	2.50
Toast (2 slices)	2.00
Yoghurt	2.00
Muesli, Yoghurt & Fruit	2.50
Hot Chocolate	2.50

HEALTHY CONTAINERS

Fresh Fruit Salad-GF-V	4.50
Chicken Caesar Salad	5.00
Garden Salad-GF-V-Vegan	5.00
Roast Pumpkin & Lentil Salad-GF	5.00
Greek Salad-GF-V	5.00
Falafel & Salad-GF-V-Vegan	5.00

DRINKS

Water 600ml	2.50
Juices 250 ml	3.00
Milk-plain 300ml	1.50
600ml	2.50
Flavoured Milk 300ml	2.50
Poppers 200ml	1.50
Up & Gos	2.50

SANDWICHES, ROLLS & WRAPS

Available on Wholemeal or Multigrain

Egg-V	3.00
Egg & Lettuce-V	3.50
Curried Egg-V	3.50
Tasty Light Cheese-V	3.00
Tasty Light Cheese & Tomato-V	3.50
Ham, Cheese & Tomato	4.00
Salad-V-Vegan	4.50
Chicken Breast-H	4.00
Chicken, Lettuce & Mayo	4.50
Roast Beef, Avo, Tom, Lett, Chutney	4.50
Corned Silverside, Tom, Lett, Pickles	4.50
Turkey, Ch, Avo, Lett & Cranberry	4.50

HOT FOOD- \$6.00 EACH

Chicken Breast Roll, Lett, Mayo -H	
Lean Beef Burger, Tom, Lett, beet & sauce	
Homemade Beef Lasagne	
Beef Ravioli with Homemade Tomato Sauce	
Vegetarian Ravioli with Homemade Tomato Sauce	
Steak Sandwich, Lettuce, Beetroot, Tomato & Sauce	
Chicken Dish (varies)	
Homemade Soups & Bread Roll	
Sausage Roll	\$3.00

V - Vegetarian
GF - Gluten Free
H - Halal

HEALTHY SNACKS

Garlic Bread -V	2.00
Whole Fresh Fruit	1.00
Cheese & Crackers	2.50
Dried Fruit-V-Vegan	2.50
Freshly Baked Scone	2.50
Freshly Cooked Pikelets	2.50
Egg-Boiled & Peeled	1.00
Air-popped Popcorn	.50