



OPEN TUESDAY AND THURSDAY

OUR PREFERRED METHOD OF PAYMENT AND ORDERING IS ON THE QKR APP

HEARTY HOT FOOD

| | | |
|---|--------|------|
| Lasagne 97% fat free | \$5.00 | ☺☺☺ |
| Macaroni Cheese 97% fat free | \$5.00 | ☺☺☺ |
| Dim Sims Steamed | \$1.20 | ☺☺☺ |
| Hot Noodles Chicken or Beef | \$3.30 | ☺☺ |
| Chicken crumbed tender | \$2.20 | ☺☺GF |
| Hot Dog | \$3.80 | ☺☺ |
| Beef Cheese Burger, Lettuce and Sauce | \$5.20 | ☺☺☺ |
| Chicken and Cheese Burger, Lettuce and M. | \$5.20 | ☺☺☺ |
| Gluten Free Hot Dog (no roll) | \$3.00 | ☺☺GF |
| Chicken Breast Nugget - Bag of 3 | \$3.50 | ☺☺ |
| Chicken Breast Nugget - Bag of 6 | \$6.00 | ☺☺ |
| Corn Cobbette | \$1.10 | ☺☺☺ |
| 100% Vegetable Pastie | \$5.00 | ☺☺ V |
| Lite N Up Beef Pie | \$5.00 | ☺☺ |
| Lite N Up Sausage Roll | \$4.50 | ☺☺ |
| Lite N Up Snack Party Pie | \$1.20 | ☺☺ |

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES

| | | |
|-----------------------|--------|-------|
| Baked Bean and Cheese | \$3.60 | ☺☺☺ V |
| Spaghetti | \$3.20 | ☺☺☺ V |
| Cheese | \$3.20 | ☺☺☺ V |
| Ham and Cheese | \$4.20 | ☺☺☺ |

You can now order lunch on-line through QKR

Download the App at the App Store or Google Play

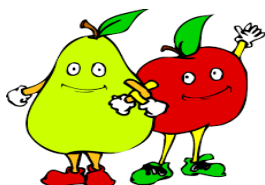
Preferred Payment Method



SPECIAL SNACKS

| | | |
|---|--------|-------|
| Popcorn, Butter, Cheese or Slightly Sweet | \$1.60 | ☺☺GF |
| Red Rock Chips Honey/Soy | \$1.60 | ☺☺ |
| Choc Chip Cookies | \$2.40 | ☺☺ |
| Gingerbread | \$1.70 | ☺☺ |
| Ovalteenies | \$1.20 | ☺☺ |
| Yoghurt Frogs (5 per bag) | \$1.00 | ☺☺ |
| Red Licorice (3 per bag) | \$1.00 | ☺☺ |
| Homemade Mini Muffin | \$0.80 | ☺☺ |
| Veggie Cup with Dip | \$2.00 | ☺☺☺GF |

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

SUPER SANDWICHES AND SALADS

| | | Sandwich | |
|---|----------------|----------|--|
| Vegetemite | \$2.20 | ☺☺☺ V | |
| Cheese | \$2.40 | ☺☺☺ V | |
| Ham (97% fat free) | \$3.20 | ☺☺ | |
| Ham (97% fat free) and Salad | \$4.20 | ☺☺ | |
| Ham & Cheese | \$3.70 | ☺☺ | |
| Roast Chicken | \$3.70 | ☺☺☺ | |
| Roast Chicken & Salad | \$4.70 | ☺☺☺ | |
| Fresh Salad (lettuce,cucumber,tomato,carrot) | \$3.70 | ☺☺☺ V | |
| Egg & Lettuce | \$3.00 | ☺☺☺ V | |
| Rolls or Wraps extra | \$0.70 | | |
| ***All sandwiches on wholemeal bread*** | | | |
| White bread available on request | | | |
| FRESH MADE SALAD BOXES | | | |
| Mixed Salad (lettuce,cucumber,tomato,cheese,carrot) | \$4.50 Regular | ☺☺☺GF | |
| Add beetroot | \$0.50 | | |
| Add egg | \$0.50 | | |
| Add Chicken or Ham | \$1.20 | | |

EXTRAS

| | | |
|--------------------|---------------|----|
| Salad Dressing Tub | \$0.50 | ☺☺ |
| Tomato Sauce | \$0.30 | ☺☺ |
| LUNCH BAGS | \$0.20 | |

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

| | | |
|---|--------|-------|
| 250ml Water | \$1.50 | ☺☺☺GF |
| 600ml Water | \$2.50 | |
| 250ml Milk (Reduced Fat) Chocolate, Strawberry | \$2.70 | ☺☺☺GF |
| 100% Fruit Juice 250ml | \$2.70 | ☺☺☺GF |
| Apple or Tropical | | |
| Chill J Sparkling 100% Fruit Drink | \$2.70 | ☺☺GF |
| Grape, Watermelon, Rasperry, Lemonade | | |

FROZEN TREATS

| | | |
|--|--------|-------|
| Frozen 100% Juice Tubes | \$1.10 | ☺☺☺GF |
| Icy Pole | \$1.50 | ☺☺GF |
| Frozen Skim Milk Tubes (Choc and Blue) | \$2.00 | ☺☺☺GF |
| Frozen Pineapple, Watermelon or Orange Slice | \$0.60 | ☺☺☺GF |
| Twisted Frozen Yoghurt Choc/Van or | | |
| Mango/W'Melon/Strawberry | \$2.60 | ☺☺☺GF |
| Streets Paddle Pop Rainbow | \$2.20 | ☺☺ |

Bring your lunch bag back to the canteen to collect your frozen treat

EVERYDAY SPECIAL LUNCH PACK

| | | |
|----------------|--------|-----|
| Salad Sandwich | | |
| Slice of Fruit | \$5.50 | ☺☺☺ |
| Mini Muffin | | |
| Water | | |