Canteen Menu 2016

Healthy Options
Select Carefully
Occasionally
The Colour Code makes it EASY!

Kapunda High School

Tuna Sushi  $3.50
California Sushi (crab meat)  $3.50
(Sushi available only Term 1 & 4)

Sandwiches/Rolls  S/whic Roll
Cheese & Salad  $3.00 $3.50
Roast Chicken  $3.50 $4.00
Roast Chicken/Lettuce/ Mayo  $3.50 $4.00
Roast Chicken with the lot  $4.50 $5.00
Ham  $3.00 $3.50
Ham/Cheese  $3.00 $3.50
Ham & Salad  $4.00 $4.50
Egg/Lettuce/ Mayo  $4.00 $4.50
Little Mo’s Pizza Scroll  $4.50
Little Mo’s Vegemite Scroll  $4.50
Sauces - Tomato, Mayo, Mustard
Pickles and Curry  $.50
Salad extras - Lettuce, Tomato, Cucumber, Grated Carrot, Cheese, Egg, Sundried Tomato  $.70

Healthy Choice Snacks
Paul’s Vanilla Custard  $2.00
Bulla Frozen Yogurt Strawberry, Raspberry & Mango  $2.50

Drinks/Iceblocks
Bottled Water 600ml  $1.50
Aqua Pura (flavoured water)  $1.50
Wild Berry & Tropical  $3.50
Nippy’s Reduced Fat Milk 375ml
Chocolate, Honeycomb, Mocha, Vanilla & Strawberry  $2.50
Nippy’s Iced Chocolate or Honeycomb 500ml (fat reduced milk)  $3.50
Beri Juice 350ml Apple & Blackcurrant, Apple, Orange, Multi-V  $3.00
Just Juice fruit boxes  $1.50
Nippy’s (Assorted) Fruit Juice 500ml  $2.50
Zooper Dooper  $.50

Healthy Choice Packs
Small Tossed Salad 220ml  $4.00
Large Tossed Salad 550ml  $5.00
Ham & Roast Chicken - add:  $1.00
Assorted Mini Rolls  $2.50

Hot Foods
Chicken Nuggets (3pk)  $1.50
Chicko Rolls  $2.50
Com Jack  $2.00
Chicken & Com Roll  $2.00
Spicy Chicken (pce)  $2.00
Chicken & Garlic Ball (2pk)  $2.00
Spring Rolls (3pk)  $2.00
Hash Brown  $1.00
Chicken Burger, Lettuce & Mayo  $4.00
Sweet Chilli Chicken Burger  $4.00
Baguette, Lettuce & Mayo  $4.00
Southern Chicken Baguette with Lettuce & Mayo  $4.00
Southern Chicken Bites (3 pk)  $2.00
Oriental Chicken Bites (3 pk)  $2.00
New York Style Bagel with Ham & Cheese  $4.00

Hot Foods (Winter menu only)
9” Aust. Garlic Bread  $2.00
Allied Chef Lasagne  $4.00
Macarone Cheese  $4.00
Spaghetto Bolognaise  $4.00
Cheese Toastie  $2.50
Ham & Cheese Toastie  $3.00
Little Mo’s Pizza Slice  $2.50
Southern Chicken Bites (3pk)  $2.00
Oriental Chicken Bites (3pk)  $2.00
Little Mo’s Pie Slice  $3.50
Kapunda High School Canteen

requires volunteers
to maintain our high quality of service and food.
The canteen operates between
9.30 am – 1.30 pm weekdays
A regular commitment would be most helpful; however any support
would be welcome.
If we are unable to increase the number of volunteers our canteen
opening times may be reduced.

We need you!
Please contact
Canteen Manager, Deb 85 662203