

Kings Langley P.S. Canteen Menu - Term 4 2009 - Summer Menu Applies

<u>Available Every Day</u>	Price	<u>Available Every Day</u>	Price	<u>Available Every Day</u>	Price
Pasta		Burgers		Snack Foods	
Lasagne	\$2.90	Grilled Chicken Burger (With lettuce and Mayo)	\$3.30	Tiny Teddies, PrePacked Popcorn	\$0.80
Vegetable Lasagne	\$2.90	Grilled Chicken Burger (With Salad)	\$3.80	Jelly Cup	\$0.50
Macaroni & Cheese	\$2.90	Beef Cheese Burger (Tomato or BBQ Sauce)	\$2.80	JJ's/Pirahnas	\$0.90
Spaghetti Bolognese / Tortellini	\$2.90			JJ Noodles	\$0.30
Pizza		<u>AVAILABLE MONDAY TO WEDNESDAY ONLY</u>		Flavoured Custard - Choc or Vanilla	\$1.20
Ham & Pineapple (100g)	\$2.10	Hot Dog (Low Fat) with Tomato or BBQ Sauce	\$2.30	<u>RECESS SPECIALS - VARIES DAILY - NO ORDERS</u>	
Margarita (Cheese - 160g)	\$2.30	Mamee Noodle Cups - Beef or Chicken	\$2.10	Seasonal Fruit	10c - \$1
Other		Nachos Dippers	\$3.30	2 Minute Noodles (99% Fat Free)	\$0.80
Fried Rice	\$2.60	2 Chicken Tenders With Salad	\$4.20	Chicken Tenders (Lemon Herb or S & V) (or 70 cents for half)	\$1.40
Corn on Cob (Small)	\$0.80	Salad Dressing Italian/French	\$0.20	Chicken Nuggets (Cup of 6)	\$2.00
Hokkien Noodles (Trial)	\$2.60	6 Nuggets (sauce 20c extra)	\$2.00	Recess Low Fat Party Pies	\$0.80
Cheese Bacon Buns	\$1.00			Chicken Crackles (Cup of 5)	\$1.50
Fresh Sandwiches (JAFFLES NOT AVAILABLE)		<u>AVAILABLE THURSDAY/FRIDAY ONLY</u>		Chicken Wedges	40c ea
Vegete	\$1.10	Mrs Mac's Good Eating Low Fat Range		Soup or Hot Chocolate	\$0.80
Cheese	\$1.60	Junior Pie (120g)	\$1.70	<u>Frozen Treats -Counter Sales only - NO ORDERS</u>	
Tomato	\$1.60	Senior Pie (200g)	\$2.30	Zooper Doopers (Quelch Fruit /Smoothie Sticks)	\$0.40
Ham	\$1.80	Potato Pie (180g)	\$2.30	Tropical Slushie (Real Fruit - Various Flavours)	\$1.60
Salad	\$2.30	Sausage Roll (120g)	\$1.70	Frozen Fruit Cups (Apple Pineapple or Orange) CAN ORDER	\$0.60
Fresh Rolls		Tomato Sauce / BBQ Sauce	\$0.20	Jelly Joys (Limit 3 per child)	\$0.10
HLT - Ham Lettuce & Tomato	\$2.30			Safari Pops	\$0.10
LCM - Lettuce Chicken Tender & Mayo	\$3.10	Drinks (Available Every Day)		STREETS Paddle Pop (Choc, Rainbow or Banana)	\$1.20
TLM - Tuna Lettuce & Mayo	\$2.60	Bottle Water	\$1.10	STREETS Paddle Pop Icy Twist (Lemonade)	\$0.90
Super Salad	\$2.60	Moove Milk - Choc, Strawberry, Banana or Plain	\$1.30	STREETS Splice (Pine-Lime)	\$1.80
(Salad includes Lettuce, Carrot, Beetroot, Cucumber, Tomato, Cheese)		COLD Milo	\$1.60	STREETS Frozen Yoghurt (Peach/Mango & Strawberry)	\$1.70
		Poppers - Apple & Paradise Punch	\$1.10	STREETS Calippo Minis (Lemon & Raspberry/Pine)	\$0.80
Extra Fillings		Berri Juice - Orange, Apple/Black Current, Pineapple, Apple	\$1.60	STREETS Mini Milks (Choc, Vanilla, Strawberry)	\$0.50
Cheese	\$0.40			STREETS Mini Fruits (Apple Berry/Orange Mango)	\$0.50
Beetroot, Tomato,	\$0.30	Play Water Fruit Tingle, Raspberry, Blackcurrant	\$1.50	STREETS Moo	\$1.40
Carrot, Cucumber or Lettuce	\$0.20			STREETS Thick-shake	\$1.80
Slice of Ham	\$0.50	PLEASE NOTE IF YOU DO NOT HAVE A PAPER BAG ADD 10C TO COVER COST OF BAG		GELATO (Caramel or Vanilla) Trial	\$1.30
Bread used High Fibre Low Gi White				<u>Effective 19 October 2009</u>	