

## BREAKFAST MENU

**Coffee for staff and parents only** *regular \$3.00*  
*Large \$3.50*

### Everyday

Raisin toast	\$1.70
Honey, jam or vegemite toast	\$1.50
Pikelets with jam, maple syrup or honey	\$0.50
Birchers muesli and yoghurt	\$4.00
Fruit salad	\$3.00
Fruit salad with Greek yoghurt	\$4.00
Up and Go	\$2.50

### Occasional

Anzac biscuits	\$0.50
Banana or mango and coconut bread	\$3.50
' " " " (toasted)	\$4.00
Variety of homemade muffins	\$2.00
Cheese and bacon bun	\$2.50
Bacon and egg burger	\$4.00

**Any toast and a small flavoured milk \$3.40**

## SNACKS

### Everyday

Seasonal fresh fruit	\$1.00
Fresh fruit salad	\$3.50
Fruit Kebab	\$1.50
Fruit salad with Greek yoghurt	\$4.00
Health pack (carrot, celery, cucumber, cheese and crackers)	\$3.00
Cucumber, celery and carrot cup with hummus	\$2.50
Pizza bread	\$2.00
Cheese toastie	\$2.00

### Occasional

Hash brown	\$1.00
Variety of homemade muffins	\$2.00
Bite size Spinach and ricotta triangles	\$0.50
Garlic bread	\$1.00
Jelly cups	\$2.00
Veggie chips (gluten free)	\$1.50

**Except for the Daily Special, lunch items are prepared and made available for recess as well**

## The Eat plenty of Menu..

### Everyday

#### SANDWICHES

*(white, wholemeal, multigrain, lowcarb, gluten free breads)*

Vegemite or honey	\$2.00
vegemite and light tasty cheese	\$2.40
light tasty cheese	\$3.00
chicken, lettuce and mayo	\$4.00
chicken and salad	\$4.50
salad	\$3.50
tuna, cucumbr and mayo	\$3.50
tuna and salad	\$4.50
light tasty cheese and tomato	\$3.50
ham	\$3.10
ham and light tasty cheese	\$3.80
ham and salad	\$4.50
cheese and salad	\$4.50
ham, light tasty cheese and tomato	\$4.00

*(extra fillings \$0.50, toasted\$0.50, roll\$1.00, turkish bread \$1.00, gluten free \$1.00)*

### Everyday

#### WRAPS

Chargrilled chicken lettuce tomato cucumber and mayo	\$5.50
Chicken tandoori (yoghurt,lettuce and carrot	\$5.50
Falafel (hummus, tabouli, lettuce and carrot	\$5.50
Chicken vietnamese baguette	\$5.50
Lamb roll (lamb, roasted capsicum, rocket, tzatziki)	\$6.00
Beef roll ( beef, onion,chilli,coriander, tomato,lettuce, mustard mayo)	\$6.00

#### Occasional

Chicken schnitzel avocado lettuce and mayo	\$5.50
Sweet chili chicken tender wrap (lettuce, mayo,sweet chili)	\$5.50
Chicken Schnitzel roll ( lettuce and mayo)	\$5.50

### SALADS

Fruit salad and yoghurt	\$3.70
Salad and dressing	\$4.00
Grilled chicken and salad	\$5.00
Tuna salad	\$5.00
Greek Salad small \$3.80	\$5.00
Potato salad ( greek yoghurt, taste of mayo, red onions)	\$3.50
Beef salad(mixed salad,corn,tomatoes, cucumber, capsicum, red onions,tzatziki)	\$6.00
Lamb salad (mixed salad, red onions, fresh mint, fresh chili, cucumber, tomatoes, tzatziki)	\$6.00

#### Occasional

Cesaer salad (lettuce bacon parmesan and croutons)	\$5.00
Cesaer salad with chicken	\$6.00

## HOT FOOD

### Everyday

Pasta Bolognaise or plain sauce : small \$3.50

*(gluten free pasta is also available)*

chicken kebab stick

chicken kebab in a roll with lettuce and mayo

chicken burger (chargrilled chicken breast lettuce and mayo)

Beef burger (100%beef patty, lettuce tomato and sauce)

Vegetarian burger (vegetarian patty, lettuce tomato and mayo)

*Soup of the day (seasonal)*

### Occasional

Fish burger with cheese, lettuce and tartare sauce

Portuguese chicken burger (chicken burger + portuguese and sweet chili sauce)

Mrs Macs Ricotta and spinach roll

Mrs Macs light meat cruizer pie

Gourmet sausage roll

Gourmet pie

Gourmet potato pie

Gluten Free Pie

Gluten Free Sausage roll

Halal pie

Halal sausage roll

*(sachets of sauce .30 cents extra)*

## Killarney Heights High School

**The canteen will be open each morning at 8:00am**

## DRINKS

### Everyday

\$4.50 water \$2.00

sparkling mineral water \$2.50

\$3.00 plain milk popper 250ml \$2.00

\$4.50 flavoured milk small \$ 2.20 large \$3.50

\$4.50 soy milk \$2.50

\$5.00 SAN Pellegrino sparkling water \$3.00

### Occasional

\$4.00 juice poppers 99% fruit juice 250ml \$2.00

\$5.00 Large fruit juices 500ml \$3.50

\$4.50 Ice tea \$3.70

\$5.00 Glee 99% fruit juice in sparkling mineral water \$2.20

\$3.50 Aloe vera \$3.70

## FROZEN FOODS

### Everyday

\$4.20 Frozen seasonal fruit (watermelon, rockmelon, pineapple, \$1.00

\$4.50 Juicies \$1.00

\$5.00 frozen yoghurt on a stick \$1.00

### Occasional

\$4.00 Paddle pop \$1.60

\$3.50 choc coats \$1.00

spider sticks \$1.00

Icy pole \$1.20

calippo \$1.50

twisted yoghurt cup \$2.50

paddlepop cups \$2.00

## YBK DAILY SPECIALS

### MONDAY

**Pizza** - margherita \$4.30

**Pizza** - Meatlover, ham&pineapple or vegetarian \$5.00

**Teriyaki chicken** with rice and vegetables \$5.00

### TUESDAY

**Sushi roll** - chicken, tuna or vegetarian \$3.50

**Homemade lasagna** (napoletano sauce and mozzarella cheese) \$4.50

### WEDNESDAY

**Fried rice** (vegan) small \$ 3.80 large \$4.50

**Ravioli** beef or spinach and ricotta \$5.00

### THURSDAY

**Honey soy wings** with rice \$4.50

### FRIDAY

**Sushi roll** - chicken, tuna or vegetarian \$3.50

**Homemade butterchicken with rice** \$5.00

**Pasta salad** with tuna or chicken, pesto, olives, fresh tomatoes \$4.50

**WE CATER FOR SPECIAL DIETARY REQUIREMENTS UPON REQUEST:**