

The Gardens Cafe

SUMMER MENU – TERM 4 and 1 2020

Café is open Mon, Wed, Fri weeks 1-9 and Mon, Wed week 10

Most items fall under the SA Right Bite healthy eating programme.

HOT FOOD

Chicken Burger _____	\$4.20
Lettuce/Tomato/Low Fat Mayo	
Chicken Nuggets (price per nugget MAX 8) _____	\$0.50
Fish Fingers (price per finger MAX 6) _____	\$0.60
Hot Dog _____	\$3.20
Hot Dog with cheese _____	\$3.30
Jaffles _____	\$3.80
Toasted bread with choice of fillings (max 3 fillings) chicken/cheese/ham/pineapple/baked beans/tomato	
Fountain Cup Noodles chicken/beef _____	\$2.60
Meat Balls (price per meatball MAX 8) _____	\$0.60
Meat Pie 180g _____	\$3.20
Pizza Slabs _____	\$3.60
Margarita = Cheese & Tomato	
Hawaiian = Ham & Pineapple	
Potato Wedges Healthy Choice 150g _____	\$3.20
Sausage Roll 120g _____	\$3.00
Spaghetti & Meatballs 220g _____	\$4.00
Toasted Sandwich _____	\$3.80
Toasted bread with a choice of fillings (max 3 fillings) cheese/ham/chicken/tomato/pineapple/baked beans	
Vegetable Pastie 180g _____	\$3.40
Vegetarian Fried Rice (no MEAT, no EGG) _____	\$4.00

The Allenby Café now provides an EGG, DAIRY and NUT FREE zone.

If your child has allergies, please CLEARLY LABEL their lunch order bag.

SAUCES

Sour Cream _____	\$0.60
Sweet Chilli Sauce _____	\$0.60
Tomato Sauce _____	\$0.30

DRINKS

Bottled Water 600ml _____	\$2.00
Nippys Fruit Juice 250ml _____	\$2.00
Orange/apple/apple & blackcurrant	
Nippys Flavoured Milk 250ml _____	\$2.00
Iced chocolate/iced strawberry	
Nippys Chocolate Lactose Free _____	\$2.20
Slushies _____	\$2.00
Oh! (fruit drink) Orange, Berry, Lemon&Lime _____	\$2.00

SANDWICHES / ROLLS / SALADS

Sandwich 2 slices bread _____	\$3.60
cheese/tuna/egg/ham/chicken	
Roll with choice of fillings _____	\$4.20
cheese/tuna/egg/ham/chicken	
Salad Sandwich 2 slices of bread _____	\$4.50
with lettuce/tomato/cucumber/carrot/low fat mayo and either cheese/tuna/egg/ham/chicken	
Salad Roll _____	\$5.00
with lettuce/tomato/cucumber/carrot/low fat mayo and either cheese/tuna/egg/ham/chicken	
Wraps _____	\$4.60
Chicken, Ham, Cheese, Egg, Tuna, your choice of salad and low fat mayo	
Salads _____	\$4.50
Chicken Caesar, Garden, Greek	

ALL bread/rolls supplied by Baker's Delight and are wholemeal without seeds.

SNACKS

Cereal Munch mix of cereals _____	\$0.50
Garlic Bread per slice (max. 3) _____	\$0.50
Jelly Cups _____	\$1.00
Muffins chocolate/vanilla _____	
Large _____	\$0.50
Small _____	\$0.20
Popcorn bag _____	\$0.50
Red Rock Chips Honey Soy/Sea Salt/chilli _____	\$1.30
Rice Sticks cheese _____	\$1.00
JJs salt & vinegar/chicken/pizza _____	\$1.20

FROZEN PRODUCTS

Gelati chocolate/vanilla 150ml _____	\$2.50
Juicies wildberry/tropical/lemonade/orange _____	\$1.00
Mony Freeze Pops strawberry/chocolate _____	\$1.00
Milo/Juice POPS _____	\$0.20

Frozen Products can only be purchased from the Cafe.
They are not available for pre-order.

ANY QUESTIONS please ask Rebecca or Angela.