

# The Gardens Cafe

## SUMMER MENU – TERM 4

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

<b>Chicken Burger</b> _____	<b>\$4.20</b>
Lettuce/Tomato/Low Fat Mayo	
<b>Chicken Nuggets</b> (price per nugget MAX 8) _____	<b>\$0.50</b>
<b>Fish Fingers</b> (price per finger MAX 6) _____	<b>\$0.60</b>
<b>Fountain Cup Noodles</b> chicken/beef _____	<b>\$2.60</b>
<b>Honey Soy + Fried Rice</b> 200g _____	<b>\$4.00</b>
<b>Hot Dog</b> _____	<b>\$3.20</b>
<b>Hot Dog with cheese</b> _____	<b>\$3.30</b>
<b>Italian Meatball Sub</b> Italian sauce/cheese _____	<b>\$4.50</b>
<b>Jaffles</b> _____	<b>\$3.80</b>
Toasted bread with choice of fillings (max 3 fillings) chicken/cheese/ham/pineapple/baked beans/tomato	
<b>Meat Balls</b> (price per meatball MAX 8) _____	<b>\$0.60</b>
<b>Meat Pie</b> 180g _____	<b>\$3.20</b>
<b>Nachos</b> corn chips/salsa/cheese _____	<b>\$3.00</b>
<b>Pizza Slabs</b> _____	<b>\$3.60</b>
Margarita = Cheese & Tomato	
Hawaiian = Ham & Pineapple	
<b>Potato Wedges</b> Healthy Choice 250g _____	<b>\$3.20</b>
<b>Sausage Roll</b> 120g _____	<b>\$3.00</b>
<b>Spaghetti &amp; Meatballs</b> 220g _____	<b>\$4.00</b>
<b>Spinach &amp; Ricotta Roll</b> 140g _____	<b>\$3.20</b>
<b>Toasted Sandwich</b> _____	<b>\$3.80</b>
Toasted bread with a choice of fillings (max 3 fillings) cheese/ham/chicken/tomato/pineapple/baked beans	
<b>Vegetable Pastie</b> 180g _____	<b>\$3.40</b>

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

<b>Sour Cream</b> _____	<b>\$0.60</b>
<b>Sweet Chilli Sauce</b> _____	<b>\$0.60</b>
<b>Tomato Sauce</b> _____	<b>\$0.30</b>

### DRINKS

<b>Bottled Water</b> 600ml _____	<b>\$1.50</b>
<b>Nippys Fruit Juice</b> 250ml _____	<b>\$2.00</b>
Orange/apple/apple & blackcurrant	
<b>Nippys Flavoured Milk</b> 250ml _____	<b>\$2.00</b>
Iced chocolate/iced strawberry	
<b>Slushies</b> _____	<b>\$2.00</b>
<b>Carbonated Fruit Drink</b> _____	<b>\$2.00</b>

### SANDWICHES / ROLLS / SALADS

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

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

### SNACKS

<b>Cereal Munch</b> mix of cereals _____	<b>\$0.50</b>
<b>Garlic Bread</b> per slice (max. 3) _____	<b>\$0.50</b>
<b>Jelly Cups</b> red/green _____	<b>\$1.00</b>
<b>Muffin</b> chocolate/vanilla _____	
<b>Large</b> _____	<b>\$0.50</b>
<b>Small</b> _____	<b>\$0.20</b>
<b>Popcorn</b> bag _____	<b>\$0.50</b>
<b>Red Rock Chips</b> Honey Soy/Sea Salt/Chilli _____	<b>\$1.30</b>
<b>Rice Sticks</b> cheese _____	<b>\$1.00</b>
<b>Cornitos</b> Zesty BBQ/Tangy Cheese _____	<b>\$1.00</b>
<b>JJs</b> salt & vinegar/chicken/pizza _____	<b>\$1.20</b>

### FROZEN PRODUCTS

<b>Gelati</b> chocolate/vanilla 150ml _____	<b>\$2.50</b>
<b>Juicies</b> wildberry/tropical/lemonade/orange _____	<b>\$1.00</b>
<b>Moosies</b> strawberry/chocolate/banana _____	<b>\$1.00</b>
<b>Juice POPS</b> _____	<b>\$0.20</b>

Frozen Products can only be purchased from the Cafe.

They are not available for pre-order.

ANY QUESTIONS please ask Rebecca or Angela.