



The Gardens Cafe

WINTER MENU – TERM 2 and 3 2019

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

Baked Potato (pick three toppings; ham, cheese, pineapple, baked beans, beetroot) (add sour cream and/or sweet chilli sauce 60c each) _____	\$4.60
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 _____	\$3.40
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 Beef Pie 180g _____	\$3.60
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 Pasties 165g _____	\$3.40
Vegetarian Fried Rice (no egg, no bacon) _____	\$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

Frozen products can only be purchased from the Cafe.

They are not available for pre-order.

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	

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

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 200ml _____	\$2.20
Slushies _____	\$2.00
Oh! (fruit drink) Berry, Lemon & Lime, Orange _____	\$2.00
Hot Milo _____	\$1.50

SNACKS

Cereal Munch mix of cereals _____	\$0.50
Garlic Bread per slice (MAX 3) _____	\$0.50
Jelly Cups _____	\$1.00
Muffin chocolate/banana	
Large _____	\$0.50
Small _____	\$0.20
Popcorn bag _____	\$0.50
Red Rock Chips	
honey soy/sea salt/sweet chilli _____	\$1.30
Rice Sticks cheese _____	\$1.00
JJs salt & vinegar/chicken/pizza _____	\$1.20

FROZEN PRODUCTS

Gelati mango/lemon 125ml _____	\$2.00
Gelati chocolate/vanilla 150ml _____	\$2.50
Juicies wildberry/tropical/lemonade _____	\$1.00
Mony Freeze Pops strawberry/chocolate _____	\$1.00

ANY QUESTIONS please ask Rebecca.