

The Allenby Cafe

SUMMER MENU – TERM 4 & 1

Café is open Tues & Fri

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

Wellbeing SA Recommendations

Green is BEST option **Amber** is Choose carefully **Red** is limit to twice a term

HOT FOOD

Butter Chicken With Rice 200g – GF	\$5.60
Chicken Nuggets (per nugget MAX 8)	\$0.80
Chicken Nuggets G/F (per nugget MAX 8)	\$0.90
Croissant ham/cheese or cheese (MAX 1)	\$5.00
Fish Fingers (price per finger MAX 6)V	\$0.80
Fried Rice (Pork) 200g - GF	\$5.50
Hot Noodle Cup chicken/beef	\$3.80
Mac N Cheese 200g V	\$5.50
Meat Pie 160g	\$4.50
Nachos corn chips/salsa/cheese - GF/V	\$4.50
Penne Napolitana 200g – V	\$5.50
Pizza Slabs	\$4.50

Margarita = Cheese & Tomato - V

Hawaiian = Ham & Pineapple

Potato Wedges with skin 250g - V \$4.00

Sausage Roll 120g \$4.00

Toasted Butter Sandwich \$4.00

Add extras

cheese/tuna/ham/chicken/tomato/pineapple/
baked beans extra 50c

Vegetable Spring Rolls x3 50g each – V \$5.20

SAUCES

Sour Cream 60ml	\$0.70
Sweet Chilli Sauce 60ml	\$0.70
Tomato Sauce 14g	\$0.50
BBQ Sauce 14g	\$0.50

DRINKS

Bottled Water 600ml	\$1.80
Fruit Juice 250ml	
orange/apple/apple & blackcurrant	\$2.50
Moo Milk 200ml	
chocolate/strawberry	\$2.20
Sparkling Fruit Juice 250ml -	
assorted flavours	\$3.00

SANDWICHES/ROLLS/WRAPPS/SALADS

Garden Salad	\$7.00
Lettuce/tomato/cucumber/carrot	
add cheese/tuna/chicken	extra 50c
Roll with one filling	\$5.00
cheese/tuna/ham/chicken	
Salad Roll	\$6.00
Lettuce/tomato/cucumber/carrot/low fat mayo	
add cheese/tuna/ham/chicken	extra 50c
Sandwich Buttered	\$2.50
Sandwich one filling	\$4.50
cheese/tuna/ham/chicken	
Salad Sandwich	\$5.50
Lettuce/tomato/cucumber/carrot/low fat mayo	
add cheese/tuna/ham/chicken	extra 50c
Wraps	\$6.50
Lettuce/tomato/cucumber/carrot/low fat mayo	
add cheese/tuna/ham/chicken	extra \$1.00

ALL bread/rolls (produced in a facility that processes products containing gluten, dairy, seeds and nuts)

SNACKS

Banana Bread 90g – V	\$4.00
Carrot sticks served with Hommus dip 70ml	
contains sesame - GF/V	\$2.50
Cereal Munch mix of cereals - V	\$0.50
Fruit Cups peach/fruit salad – GF/V	\$2.00
Jelly Cups – assorted colours	\$1.80
Large Muffin chocolate/vanilla - V	\$0.50
Popcorn bag GF/V	\$0.50
Red Rock Chips 28g	
Honey Soy/Sea Salt/Sweet Chilli – GF	\$2.00
Corntos 20g Zesty BBQ – GF	\$1.50
JJ's 20g chicken /salt & vinegar/pizza	\$1.80
Monster Mamee Noodles 25g BBQ/chicken	\$1.00

FROZEN PRODUCTS – OVER THE COUNTER ONLY

Moosies strawberry/chocolate/banana	\$1.80
Slushies 200ml	\$2.50
Zooper Doopers – assorted flavours	\$0.50
Vanilla Ice Cream Cup 100ml GF	\$2.00
Frozen Yoghurt Mango Cup 100ml	\$2.00

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

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

GF = Gluten Free

V= Vegetarian

KEEP AN EYE OUT FOR OUR SPECIALS ON THE QKR MENU

ANY QUESTIONS
please ask Angela.