



# Courtenay Gardens Primary School

## OPEN THURSDAY AND FRIDAY

Ordering online through QKR, download the APP in the App Store or Google Play

MANUAL ORDERING IS STILL ACCEPTED

### HEARTY HOT FOOD

Lasagne 97% fat free	\$5.80	☺☺☺
Macaroni Cheese 97% fat free	\$5.80	☺☺☺
Vegetarian Fried Rice 97% fat free	\$5.80	☺☺☺VH
Dim Sims Steamed	\$1.50	☺☺☺
Potato Cake - recess only	\$1.50	☺☺
Hot Noodles Chicken or Beef	\$3.50	☺☺H
Chicken crumbed tender	\$2.50	☺☺GF
Hot Dog	\$4.20	☺☺
Beef Cheese Burger with Lettuce and Sauce	\$6.00	☺☺☺H
Chicken and Cheese Burger with Lettuce & N	\$6.00	☺☺☺H
<b>Gluten Free</b> Hot Dog (no roll)	\$3.50	☺☺GF
Chicken Breast Nugget - Bag of 3	\$4.00	☺☺☺H
Chicken Breast Nugget - Bag of 6	\$7.00	☺☺☺H
Corn Cobbette	\$1.50	☺☺☺
100% Vegetable Pastie	\$5.80	☺☺☺ V
Lite n Up Beef Pie	\$5.80	☺☺
Lite n Up Sausage Roll	\$5.20	☺☺
Lite n Up Snack Party Pie	\$1.40	☺☺

All pies heart foundation approved, low GI, reduced fat

### TASTY JAFFLES

Baked Bean and Cheese	\$4.50	☺☺☺ V
Spaghetti	\$4.00	☺☺☺ V
Cheese	\$4.00	☺☺☺ V
Ham and Cheese	\$5.00	☺☺☺

Preferred Payment Method

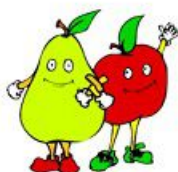


### SPECIAL SNACKS

Popcorn, Butter, Cheese or Slightly Sweet	\$1.80	☺☺GF
Chips Honey/Soy	\$1.80	☺☺
Choc Chip Cookies	\$2.80	☺☺
Gingerbread	\$2.00	☺☺
Ovalteenies	\$1.30	☺☺
Homemade Mini Muffin	\$1.20	☺☺
Veggie Cup with Dip	\$2.20	☺☺☺GF
Fruit Salad Cup	\$2.30	☺☺☺GF

☺☺☺ Every Day Foods  
☺☺ Select Carefully foods  
V Denotes Vegetarian

GF Denotes Gluten Free  
H Denotes Halal Approved



### SUPER SANDWICHES AND SALADS

	Sandwich	
Vegemite	\$2.40	☺☺☺ V
Cheese	\$2.60	☺☺☺ V
Ham (97% fat free)	\$3.50	☺☺
Ham (97% fat free) and Salad	\$5.00	☺☺
Ham & Cheese	\$4.40	☺☺
Roast Chicken	\$4.40	☺☺☺
Roast Chicken & Salad	\$5.20	☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.40	☺☺☺ V
Egg & Lettuce	\$3.50	☺☺☺ V
Rolls or Wraps extra	\$0.80	
***All sandwiches on wholemeal bread ***		
White bread available on request		
<b>FRESH MADE SALAD BOXES</b>		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$5.00 Reg	☺☺☺GF
Add beetroot	\$0.50	
Add egg	\$1.00	
Add Chicken or Ham	\$1.20	

### EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.40	☺☺
<b>LUNCH BAGS</b>	<b>\$0.30</b>	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

### DRINKS

250ml Water	\$1.60	☺☺☺GF
600ml Water	\$3.00	
250ml Milk (Reduced Fat) Chocolate, Strawberry	\$3.00	☺☺☺GF
100% Fruit Juice 250ml	\$3.00	☺☺☺GF
Apple or Tropical		
Chill J Sparkling 100% Fruit Drink	\$3.00	☺☺GF
Grape, Watermelon, Lemonade, Raspberry		

### FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Blue)	\$2.50	☺☺☺GF
Frozen Pineapple and Watermelon	\$0.60	☺☺☺GF
Twisted Frozen Yoghurt Choc/Van or		
Mango/W'Melon/Strawberry	\$3.00	☺☺☺GF
Streets Paddle Pop Rainbow	\$2.60	☺☺

PRICES SUBJECT TO CHANGE  
PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG  
EFFECTIVE JANUARY 2023

Bring lunch bag back to canteen to pick up your ordered frozen treat

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE CLEARLY MARK BAG