

Kincumber High School Canteen Menu

Check the noticeboard & Flexischools.com.au for specials & meal deals
EFTPOS AVAILABLE

 **KINCUMBER HS CANTEEN**

Breakfast Menu

Available every day to order

Toast (2)	\$1.00
Raisin Toast (2)	\$1.50
Hash Brown	\$1.00
Melted Cheese ½ Roll	\$1.50
Pizza ½ Roll	\$1.50
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$2.00
Toasties	From \$3.00
Egg Roll or Bacon Roll	\$3.50
Bacon & Egg Roll	\$4.00



Fresh Fruit & Veg Snacks

Cucumber Sticks	\$1.00
Carrot/Celery Sticks	\$1.00
Veg Combination Pack	\$1.00
Vege Sticks with Dip	\$2.00
Orange (cut in 1/4s)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Small Fruit Salad	\$2.00
Medium Fruit Salad	\$3.50
Medium Fruit Salad & Yoghurt	\$4.00
Medium Fruit Salad & Custard	\$4.00
Large Fruit Salad	\$4.50
Large Fruit Salad & Custard	\$5.00
Large Fruit Salad & Yoghurt	\$5.00

Frozen Snacks

Quelch Juice Sticks	\$0.70
Frozen Juice Cup	\$1.00
Ice Mony - Frozen	\$1.00
Calippo Minis	\$1.20
Ice Blocks	\$1.50
Paddlepop	\$1.80
Choc Shaky Shakes	\$2.50
Slushie (99% fruit juice)	\$2.50
Frozen Fruit Yoghurt	\$2.50



Drinks

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
Juice Cup	\$1.00
100% Fruit Juice	\$2.50
Milk (Plain) 300ml	\$1.80
Milk (Flavoured) 300ml	\$2.20
Milk Flavoured 600ml	\$3.50
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Chill J Sparkling Juice	\$2.50
Aloe Drink (Assorted Flavours)	\$4.00
Iced Tea	\$4.00
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

Cold Snacks

Jelly	\$1.00
Plain Custard	\$1.00
Jelly & Custard	\$1.00
Jelly & Yoghurt	\$1.00
Jelly with Fresh Fruit	\$2.00
Jelly with Fresh Fruit & Custard	\$2.50
Tub of Low Fat Yoghurt	\$2.50
Muesli & Yoghurt	\$2.00

All items available from 7th May

Snack Foods

Cruskits (4) or Rice Cakes GF (4)	
With Vegemite	\$2.00
With Cheese	\$2.50
With Avocado	\$3.00
Fruity Bites	From \$0.50
Garlic Bread	\$1.50
Bread Sticks	\$0.80
Milo Wholegrain Cereal	From \$0.50
Coco Bombs Cereal GF	From \$0.50
Fresh Popped Plain Popcorn GF	\$1.00
Jumpys	\$1.20
Homemade ANZAC Cookies	\$1.50
Veg Snack Crackers GF	\$1.20
Flavoured Popcorn GF	\$1.60
Red Rock Deli Chips GF	\$1.60
Finger Bun	\$2.00
Low Fat Muffins	\$2.00
Low Fat Slices & Cakes	\$2.00
Banana Bread	\$2.50

Ordering information

Orders are preferred online at Flexischools.com.au by 9.00am, including orders for breakfast and 1st & 2nd breaks. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter.

Breakfast orders are available for pick up from the canteen from 8.00am. Orders for breakfast close at 7.40am daily.

All Orders must be picked up from the Canteen Window - to be used by students with orders ONLY.

Kincumber High School Canteen Menu



Sandwiches, Rolls & Wraps

Prepared fresh in the Canteen.

Available every day to order.

Order online and receive a free drink

Salmon	\$3.50
Tuna	\$3.50
Chicken	\$3.50
Ham	\$3.50
Salad	\$3.50
Egg	\$3.00
Cheese	\$3.00
Vegetemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

Sandwich Extras

Bread Roll	\$0.50
Gluten Free Bread	\$0.50
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.50
BBQ, Mayo, Tomato or Sweet Chilli Sauce	

Fresh Salads

Available every day to order. Select from Set Salads or create your own!

Order online and receive a free drink

Caesar Salad	\$5.00
Lettuce, Egg, Croutons, Bacon, Parmesan & Dressing	

Greek Salad	\$5.00
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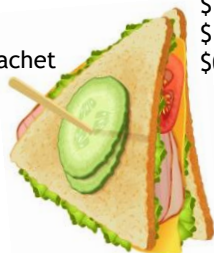
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing

Garden Salad	\$5.00
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Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing

Create Your Own Salad

Avocado	\$1.00
Bacon pieces	\$1.00
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0.50
Celery	\$0.50
Cheese - Tasty	\$1.00
Cheese - Parmesan	\$1.00
Cheese - Feta	\$1.00
Croutons	\$0.50
Cucumber	\$0.50
Egg	\$1.00
Lettuce	\$0.50
Olives	\$0.50
Onion	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30



Focaccias

Add to from Sandwich Extras List

Order online and receive a free drink

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$4.50

Burgers

Available every day to order. Plain or with sauce. Add from Sandwich Extras

Order online and receive a free drink

Beef	All
Fish,	\$4.00
Chicken	
Vegie Burger	
With Salad	\$5.00

Pizza

Available every day to order

Order online and receive a free drink

Ham & Cheese	\$3.50
Vegetarian	\$3.50
Cheese	\$3.50
BBQ Chicken	\$3.50
GF Base	Extra 0.50

Purchasing during breaks

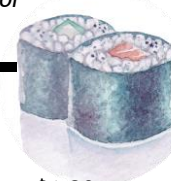
A wide selection of foods will be available for purchase over the counter at both breaks - but not necessarily all foods on the menu. Ordering online is the only way to ensure your choice is available at any given time.

Check the noticeboard & Flexischools.com.au for specials & meal deals

EFTPOS AVAILABLE

Fresh Sushi from \$3.80

See online menu or canteen for varieties



Hot Foods

Available every day to order

Yummy Drumsticks	\$1.20
Junior Beef Pie (Low Fat)	\$1.80
Garlic Bread	\$1.50
Melted Cheese ½ Roll	\$1.50
Pizza ½ Roll	\$1.50
Boiled Rice GF	\$2.00
2 Minute Noodles	\$3.00
2 Minute Noodles GF	\$3.50
Toasties	From \$3.00
Hot Dog	\$3.00
Hot Dog with Cheese	\$4.00
Beef Pie (Low Fat)	\$3.80
Beef Pie GF	\$4.20
Sausage Roll (Low Fat)	\$3.00
Sauce Sachets	\$0.30

Homemade Meals

Order online and receive a free drink

Honey Soy Chicken & Rice GF	\$5.00
Beef Nachos	\$5.00
Butter Chicken with Rice GF	\$5.00
Spaghetti Bolognese	\$5.00
Pasta & Meatballs GF	\$5.50
Chicken Caesar Toasted Wrap	\$5.00
Vegetarian Fried Rice GF	\$4.00

A selection of additional fresh favourites will be made as Specials each week and advertised on Flexischools.com.au, the Canteen Noticeboard and Facebook.

GF = Gluten Free

All items available from 7th May

