

**R-6** students must place their order in class lunch bag which is delivered to and from the Canteen or through the QKR App

**7-12** students can place orders from 8:30am until Recess or through QKR

If any dietary or cultural requirements are needed please speak with Mandy and she will endeavour to meet your child's needs.

KEY: V- Vegetarian, #-HALAL

**Green**-Healthiest Choice

**Amber**-Choose Carefully



**Plympton  
International  
College**

# CANTEEN SNACK SHACK MENU 2019

Our menu is mainly green or amber, meaning that they are either fat/sugar free or low in fat/sugar

The Canteen has EFTPOS available for parents, students & staff

For ease of ordering, download the Qkr app and place your orders online

## SANDWICHES

Cheese or Vegemite	\$2.00
Cheese Salad V	\$4.50
Egg Cheese Salad V	\$5.00
Chicken Cheese Salad #	\$5.50
Tuna Cheese Salad #	\$5.50
Salad - includes tomato, carrot, cucumber & carrot (make it a wrap)	ADD \$0.50

## FRUIT

Piece of Fruit (Seasonal)	\$1.00
Fruit Salad (Seasonal)	\$4.00
(fruit may include Apple, Banana, Orange, Pear, Grapes, Watermelon, Rockmelon & Pineapple)	

## HOT FOOD

*Lamb Kofta Burger W/Salad #	\$4.50
*Falafel Roll W/Salad V	\$4.50
* With your CHOICE of DRESSING BBQ SAUCE, MAYO or SWEET CHILLI	
Chicken Burger W/Cheese, Salad & Mayo #	\$4.50
Beef Burger W/Cheese, Salad & Sauce #	\$4.50
<u>SALAD</u> includes Tomato & Lettuce	
Beef & Cheese Burger W/ Sauce #	\$3.50
Tempura Chicken Breast Nuggets # EACH	\$0.60
Bag of Oven Baked Wedges V	\$4.50
Pasta Napolitana V	\$4.50
Home-style Sausage Roll	\$3.20
Hotdog includes Sauce	\$3.30
<u>ADD</u> Cheese or Mustard	\$0.50
Bruschetta V	\$2.50
Garlic Bread V	\$2.50
Bag of Oven Baked Wedges V	\$4.50

## DRINKS

Bottled Water (600ml)	\$2.00
250ml Just Juice	\$1.50
Orange, Tropical & Apple Blackcurrant	
250ml Big M Choc, S/berry	\$2.20
375 ml Pura Milk Choc, S/berry	\$3.00
Golden Circle Can	\$2.50
Tropical, Lemon Lime & Orange Mango	
600ml Pura Milk Choc, S/berry	\$3.80
(Secondary School Students Only)	
600ml Iced Coffee YRS 10-12 only	\$3.80

## FROZEN

Zooper Doopers	\$0.70
Ice Cream Cups Vanilla, S/berry	\$1.00
Choc Sundae Cup	\$2.50
Slushy	Small \$2.00 Large \$3.00

## SNACKS

Balfours Sprinkle Donut	\$3.60
Anzac Cookie	\$1.00
Small Smith Chips	\$1.50
(Salt & Vinegar, Original & Honey Soy)	
Cheese Doritos	\$2.00
Corntos BBQ or Cheese	\$1.00
Fruca Chew	4 for \$0.50

**ALL PRICES ARE SUBJECT TO CHANGE  
WITHOUT NOTICE**

## TERM 1 & 4 CANTEEN SPECIALS

### **\$2 MONDAY – THURSDAY RECESS SPECIALS**

Jelly & Fruit Cup
Fruit & Yoghurt Cup
(fruit includes grapes, watermelon and orange)
Carrot & Cucumber Sticks w/cheese Cup

### **MONDAY – FRIDAY LUNCH SPECIALS**

Lamb Yiros Wrap \$5.00
Vegetarian Pasta Salad \$5.00
Lamb Couscous Salad \$5.00
Fish Bites W/Sweet Potato Wedges \$5.00

## TERM 2 & 3 CANTEEN SPECIALS

### **\$2 MONDAY – THURSDAY RECESS SPECIALS**

Warm Fruit & Custard Cups
Vegetarian Pizza Bites
Warm Blueberry Mini Muffins

### **MONDAY – FRIDAY LUNCH SPECIALS**

Vegetarian Curry W/Rice \$5.00
Moroccan Meatballs W/Cous Cous # \$5.00
Pumpkin Soup W/Buttered Roll V \$4.00
Okonomiyaki (Vegetable Pancake) V \$4.00