

**Keira High School Canteen is  
classified as a healthy canteen.**

For more information

Please contact

Kayleen Mackey

Canteen Manager

Phone: 4228 7657

or

Keira High School

Front Office

Phone: 4229 4644

# Keira High School

Telephone: 4228 7657

## *Canteen Price List*

(Revised October 2013)



## BREAKFAST

Kelloggs Corn Flakes	2.50
Sanitarium Weet Bix	2.50
Fresh Fruit Salad	3.50
Yoghurt with Berries	3.00
Toasted Sandwiches	
One filling	3.00
Two fillings	3.50
Three fillings	4.00
Fresh Healthy Muffins	1.50
Raisin Toast (2 slices)	2.50
Toast (2 slices)	2.00
Healthy Banana Smoothie	3.00
Ham and Egg Jaffle	3.50
Toast (2 slices)	2.00

## SANDWICHES, ROLLS & WRAPS

Available on: Wholemeal, Multigrain or High Fibre White Bread

Egg	3.00
Egg and Lettuce	3.50
Curried Egg	3.50
Tasty Cheese	3.00
Tasty Cheese & Tomato	3.50
Light Ham	3.00
Light Ham & Cheese	3.50
Light Ham, Cheese & Tomato Salad	4.00
Chicken Breast	4.50
Chicken Breast & Salad	4.00
Light Ham & Salad	5.00
Roast Beef & Salad	5.00
Salmon & Salad	5.50
Tuna & Salad	5.00
Vegemite	2.00
Baked Beans or Spaghetti	2.00
Chicken, Lettuce and mayonnaise	4.50
Cheese Salad	5.00
Roast Beef, Mustard, Tomato, Lettuce	4.50
Corned Silverside, Pickles, Tomato, Lettuce	4.50

## HEALTHY CONTAINERS

Chicken Breast with Salad	6.50
Light Ham with Salad	6.50
Eggs with Salad	6.50
Tuna with Salad	6.50
Roast Beef with Salad	6.50
Fresh Fruit Salad	6.50
Tasty Cheese with Salad	6.50
Lentil Patty with Salad	6.50
Garden Salad	6.50
Tabouleh	6.50
Greek Salad	6.50
Chicken Caesar Salad	6.50

## HEALTHY SNACKS

Banana Bread	2.50
Fresh Fruit (Seasonal)	1.50
Healthy Muffins	1.50
Mini Muffins	0.50
Low Fat Fruit Yoghurt	2.00
Dried Fruit Mix Packs	3.50
Frozen Yoghurt	2.00
Fruit Salad Containers	4.00
Scrolls	3.00
Finger Buns	2.00
Cheese & Olive Bread Rolls	1.50
Cheese & Tomato Bread Rolls	1.50

## DRINKS

Water 1litre	2.50
Water 600 ml	2.00
Berri Juices - 350ml Bottles	2.50
Orange, Apple, Apple & Blackcurrant or Multi Vitamin	
Poppers 200ml	1.50
<b>MILK</b>	
Moove - 300 ml	2.00
Strawberry, Banana or Chocolate	
Up & Go carton -250 ml	2.00
Banana, Strawberry, Chocolate or Vanilla	

## HOT FOOD

Chicken Breast Roll (not crumbed) Lettuce and Mayonnaise	6.00
Roast Beef Roll with Gravy	6.00
Roast Chicken Roll with Gravy	6.00
Lean Beef Burger with Tomato, Lettuce, Beetroot & Sauce	6.00
Toasted Lebanese Wrap - Chicken, Tomato, Cheese & Sweet Chilli Sauce	6.00
Lasagne	7.00
Beef Ravioli with Fresh Tomato Sauce	7.00
Vegetarian Ravioli with Fresh Tomato Sauce	7.00
Lentil Patty with Salad, Hummus & Sweet Chilli Sauce	6.00
Soup - homemade	7.00
Small Pizza with Light Cheese, Sun-Dried Tomato, Capsicum, Onion, Sliced Olives	6.00
Small Pizza with Chicken Breast, Balsamic Tomatoes, Light Cheese and Rocket	6.00
Roast Vegetable Cannelloni	7.00
Hot Chicken Dish (varies)	7.00
Lamb Curry and Rice	7.00
Steak Sandwich with Salad	6.00
Fried Rice	7.00
Chicken Stir Fry	7.00
Garlic Bread	1.50
Pies	3.50
Sausage Rolls	2.50

**Please place your orders for recess or lunch in the morning. Orders can be picked up at the canteen door.**