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
## 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
- **Toasted Sandwiches**

## 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: $3.50
- Light Ham & Cheese: $3.50
- Light Ham, Cheese & Tomato: $4.00
- **Salad**: $4.50
- **Chicken Breast**: $4.00
- **Chicken Breast & Salad**: $5.00
- **Light Ham & Salad**: $5.00
- **Roast Beef & Salad**: $5.00
- **Salmon & Salad**: $5.00
- **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 1 litre**: $2.50
- **Water 600 ml**: $2.00
- **Berri Juices -350ml Bottles**
  - Orange, Apple, Apple & Blackcurrant or Multi Vitamin: $2.50
- **Poppers 200ml**: $1.50

## MILK

- **Moove - 300 ml**: $2.00
- **Strawberry, Banana or Chocolate**: $2.00
- **Up & Go carton -250 ml**: $2.00
  - Banana, Strawberry, Chocolate or Vanilla

## HOT FOOD

- **Chicken Breast Roll (not crumbed)**: $6.00
- **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

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