



The Gardens Cafe

WINTER MENU – TERM 2 and 3 2022

Café is open Mon, Wed, Fri weeks 1-9 and Mon, Wed week 10

Most items fall under the SA Right Bite healthy eating programme.

HOT FOOD

Baked Potato (pick three toppings; ham, cheese, pineapple, baked beans, beetroot) (add sour cream and/or sweet chilli sauce 60c each) _____	\$5.00
Beef Lasagna _____	\$4.00
Chicken Burger _____	\$4.50
Lettuce/Tomato/Low Fat Mayo	
Chicken Nuggets (price per nugget MAX 8) _____	\$0.60
Croissant cheese/ham cheese _____	\$4.50
Fish Fingers (price per finger MAX 6) _____	\$0.60
Hot Dog (Pork) _____	\$3.40
Hot Dog (Pork) with cheese _____	\$3.50
Jaffles _____	\$3.80
Toasted bread with choice of fillings (max 3 fillings) chicken/cheese/ham/pineapple/baked beans/tomato	
Fantastic Cup Noodles chicken/beef _____	\$2.60
Mac and Cheese 200g _____	\$4.00
Meat Pie 175g _____	\$3.50
Nachos GF corn chips/salsa/cheese _____	\$3.20
Pizza Slabs _____	\$3.60
Margarita = Cheese & Tomato	
Hawaiian = Ham & Pineapple	
Potato Beef Pie 190g _____	\$4.00
Potato Wedges Healthy Choice 250g _____	\$3.50
Sausage Roll 120g _____	\$3.20
Spaghetti & Meatballs 220g _____	\$4.00
Spinach & Ricotta Roll 140g _____	\$3.20
Toasted Sandwich _____	\$3.80
Toasted bread with a choice of fillings (max 3 fillings) cheese/ham/chicken/tomato/pineapple/baked beans	
Vegetable Pastie 165g _____	\$3.50

The Allenby Café now provides an EGG, DAIRY and NUT AWARE zone.

If your child has allergies please CLEARLY LABEL their lunch order bag.

SAUCES

Sour Cream _____	\$0.60
Sweet Chilli Sauce _____	\$0.60
Tomato Sauce _____	\$0.30
BBQ Sauce _____	\$0.30

ANY QUESTIONS please ask Rebecca or Angela.

SANDWICHES / ROLLS / SALADS

Sandwich 2 slices bread _____	\$3.80
cheese/tuna/egg/ham/chicken	
Roll with choice of fillings _____	\$4.50
cheese/tuna/egg/ham/chicken	
Salad Sandwich 2 slices of bread _____	\$4.50
with lettuce/tomato/cucumber/carrot/low fat mayo and either cheese/tuna/egg/ham/chicken	
Salad Roll _____	\$5.00
with lettuce/tomato/cucumber/carrot/low fat mayo and either cheese/tuna/egg/ham/chicken	

ALL bread/rolls supplied by Baker's Delight and are wholemeal without seeds.

DRINKS

Bottled Water 600ml _____	\$1.50
Nippys Fruit Juice 250ml _____	\$2.00
orange/apple/apple & blackcurrant	
Nippys Flavoured Milk 250ml _____	\$2.00
iced chocolate/iced strawberry	
Nippys Lactose Free-No added Sugar 200ml _____	\$2.20
chocolate/strawberry	
Slushies _____	\$2.00
Carbonated Fruit Drink _____	\$2.00
Hot Milo (not for pre-order) _____	\$1.50

SNACKS

Cereal Munch mix of cereals _____	\$0.50
Garlic Bread per slice (MAX 3) _____	\$0.50
Jelly Cups red/green _____	\$1.00
Muffin chocolate/vanilla _____	
Large _____	\$0.50
Small _____	\$0.20
Popcorn bag _____	\$0.50
Red Rock Chips _____	
honey soy/sea salt/sweet chilli _____	\$1.30
Rice Sticks cheese _____	\$1.00
Corntos Zesty BBQ _____	\$1.00
JJs salt & vinegar/chicken/pizza _____	\$1.20
Monster Mamee Noodles BBQ _____	\$1.20

FROZEN PRODUCTS

Gelati chocolate/vanilla 150ml _____	\$2.50
Juicies wildberry/tropical/lemonade/orange _____	\$1.00
Moosies strawberry/chocolate/banana _____	\$1.00
Jelly Stix _____	\$0.20
<i>(Frozen products can only be purchased from the Cafe. They are not available for pre-order.)</i>	