



The Gardens Cafe

SUMMER MENU – TERM 4 & 1

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

Beef Lasagna	\$4.00
Chicken Burger	\$5.00
Lettuce/Tomato/Low Fat Mayo	
Chicken Nuggets (price per nugget MAX 8)	\$0.60
Croissant ham/cheese or cheese	\$4.50
Fish Fingers (price per finger MAX 6)	\$0.60
Fountain Cup Noodles chicken/beef	\$2.80
Hot Dog (Pork)	\$3.40
Hot Dog (Pork) with cheese	\$3.50
Mac N Cheese 200g	\$4.00
Meat Pie 180g	\$3.50
Nachos corn chips/salsa/cheese	\$3.20
Pizza Slabs	\$3.70
Margarita = Cheese & Tomato	
Hawaiian = Ham & Pineapple	
Potato Wedges Healthy Choice 250g	\$3.50
Sausage Roll 120g	\$3.20
Spaghetti & Meatballs 220g	\$4.00
Toasted Sandwich	\$3.80
Toasted bread with a choice of fillings (max 3 fillings) cheese/ham/chicken/tomato/pineapple/ baked beans	
Vegetable Pastie 180g	\$3.50

SAUCES

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

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 Flavoured Lactose Milk 250ml	\$2.20
Iced chocolate/iced strawberry	
Slushies	\$2.20
Carbonated Fruit Drink	\$2.50

SANDWICHES/ROLLS/SALADS

Sandwich 2 slices bread	\$3.80
cheese/tuna/ham/chicken	
Roll with choice of fillings	\$4.50
cheese/tuna/ham/chicken	
Salad Sandwich 2 slices of bread	\$5.00
with lettuce/tomato/cucumber/carrot/ low fat mayo and either cheese/tuna/ham/chicken	
Salad Roll	\$6.00
with lettuce/tomato/cucumber/carrot/ low fat mayo and either cheese/tuna/ham/chicken	
Wraps	\$6.00
with lettuce/tomato/cucumber/carrot/ low fat mayo and either cheese/tuna/ham/chicken	
Garden Salads	\$6.50

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

SNACKS

Cereal Munch mix of cereals	\$0.50
Garlic Bread per slice (max. 3)	\$0.50
Jelly Cups red/green	\$1.20
Muffin chocolate/vanilla	
Large	\$0.50
Small	\$0.20
Popcorn bag	\$0.50
Red Rock Chips Honey Soy/Sea Salt/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
Juice POPS	\$0.20

Frozen Products can only be purchased from the Cafe. They are not available for pre-order.

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

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

ANY QUESTIONS please ask Rebecca or Angela.