

The Allenby Cafe

SUMMER MENU – TERM 4 & 1

Café is open Mon, Wed, Fri

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

Wellbeing SA Recommendations

Green is BEST option

Amber is Choose carefully

Red is limit to twice a term

HOT FOOD

Beef Lasagna 220g _____	\$4.20
Chicken Burger _____	\$5.50
Lettuce/Tomato/Low Fat Mayo add cheese _____	50c
Chicken Nuggets (per nugget MAX 8) _____	\$0.60
Chicken Nuggets G/F (per nugget MAX 8) _____	\$0.60
Croissant ham/cheese or cheese (MAX 1) _____	\$4.50
Fish Fingers (price per finger MAX 6)V _____	\$0.60
Fountain Cup Noodles chicken/beef _____	\$3.00
Hot Dog (Pork) _____	\$4.00
Hot Dog (Pork) with cheese _____	\$4.30
Mac N Cheese 200g V _____	\$4.20
Meat Pie 180g _____	\$4.00
Nachos corn chips/salsa/cheese - GF/V _____	\$3.50
Pizza Slabs _____	\$3.80
Margarita = Cheese & Tomato - V	
Hawaiian = Ham & Pineapple	
Potato Wedges G/F with skin 250g - V _____	\$3.80
Sausage Roll 120g _____	\$3.50
Toasted Sandwich _____	\$4.00
Toasted bread with a choice of fillings (max 3 fillings)	
cheese/tuna/ham/chicken /tomato/pineapple/ baked beans	
Vegetable Pastie 180g - V _____	\$4.00

SAUCES

Sour Cream 70ml _____	\$0.60
Sweet Chilli Sauce 70ml _____	\$0.60
Tomato Sauce 14g _____	\$0.30
BBQ Sauce 14g _____	\$0.30

DRINKS

Bottled Water 600ml _____	\$1.80
Nippys Fruit Juice 250ml	
Orange/apple/apple & blackcurrant _____	\$2.00
Nippys Lactose Free Milk reduced sugar 250ml	
Chocolate/strawberry _____	\$2.50
Mt Franklin Mineral Water 250ml - no sugar	
mango/raspberry/lime _____	\$2.50

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

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

G/F = Gluten Free
V= Vegetarian

SANDWICHES/ROLLS/WRAPPS/SALADS

Sandwich 2 slices bread _____	\$4.00
cheese/tuna/ham/chicken	
Roll with one choice of filling _____	\$5.00
cheese/tuna/ham/chicken	
Salad Sandwich 2 slices of bread _____	\$5.00
Lettuce/tomato/cucumber/carrot/ low fat mayo add	
cheese/tuna/ham/chicken _____	extra 50c
Salad Roll _____	\$5.50
Lettuce/tomato/cucumber/carrot/ low fat mayo add	
cheese/tuna/ham/chicken _____	extra 50c
Wraps _____	\$6.00
Lettuce/tomato/cucumber/carrot/ low fat mayo add	
cheese/tuna/ham/chicken /falafel _____	extra \$1.00
Garden Salad _____	\$6.50
Lettuce/tomato/cucumber/carrot add cheese/tuna/chicken/falafel _____	extra 50c

ALL bread/rolls supplied by Baker's Delight and are wholemeal (produced in a facility that processes products containing gluten, dairy, seeds and nuts).

SNACKS

Cereal Munch mix of cereals - V _____	\$0.50
Carrot sticks served with Hommus dip 70ml	
contains sesame - GF/V _____	\$2.00
Fruit Cups peach/two fruit - GF/ _____	\$1.80
Large Muffin choc chip/vanilla - V _____	\$0.50
Popcorn bag GF/V _____	\$0.50
Red Rock Chips Honey Soy/Sea Salt – GF _____	\$1.50
Pretzels V _____	\$1.00
Corntos Zesty BBQ – GF _____	\$1.20
JJ's chicken _____	\$1.30
Monster Mamee Noodles BBQ _____	\$1.20

FROZEN PRODUCTS

Gelati chocolate/vanilla 150ml _____	\$2.50
Juicies lemonade/orange _____	\$1.50
Moosies strawberry/chocolate/banana _____	\$1.50
Jelly Stix 20g limit 3 _____	\$0.20
Juice Pops _____	\$0.20
Slushies 200ml _____	\$2.20

ANY QUESTIONS
please ask Rebecca or Angela.