

The Allenby Cafe

SUMMER MENU – TERM 4 & 1

Café is open Tues & 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

Butter Chicken With Rice G/F 200g	\$4.80
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)	\$0.70
Croissant ham/cheese or cheese (MAX 1)	\$4.60
Fish Fingers (price per finger MAX 6)V	\$0.60
Fried Rice (pork) 200g – GF	\$4.60
Mac N Cheese 200g V	\$4.60
Meat Pie 160g	\$4.00
Nachos corn chips/salsa/cheese - GF/V	\$4.00
Pizza Slabs	\$4.00
Margarita = Cheese & Tomato - V	
Hawaiian = Ham & Pineapple	
Potato Wedges 250g - V	\$3.80
Sausage Roll 120g	\$3.60
Toasted Sandwich	\$4.00
Toasted bread with a choice of fillings (max 3 fillings)	
cheese/tuna/ham/chicken /tomato/pineapple/ baked beans	
Vegetable Spring Roll x3 50g – V	\$5.00

SAUCES

Sour Cream 60ml	\$0.60
Sweet Chilli Sauce 60ml	\$0.60
Sweet Soy Sauce 50ml	\$0.50
Tomato Sauce 14g	\$0.40
BBQ Sauce 14g	\$0.40

DRINKS

Bottled Water 600ml	\$1.80
Fruit Juice 250ml	
orange/apple/apple & blackcurrant	\$2.20
Nippys Milk 250ml	
chocolate/strawberry	\$2.50
Sparkling Fruit Juice 250ml	
assorted flavours	\$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

D/F = Dairy 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 or nuttalex (DF) add	
cheese/tuna/ham/chicken	extra 50c
Vegemite or Butter Sandwich	\$2.00
Salad Roll	\$6.00
Lettuce/tomato/cucumber/carrot/ low fat mayo or nuttalex (DF) add	
cheese/tuna/ham/chicken	extra 50c
Wraps	\$6.00
Lettuce/tomato/cucumber/carrot/ low fat mayo or nuttalex (DF) add	
cheese/tuna/ham/chicken	extra \$1.00
Garden Salad	\$6.50
Lettuce/tomato/cucumber/carrot add	
cheese/tuna/chicken	extra 50c

**ALL bread/rolls (produced in a facility that
processes products containing gluten, dairy, seeds
and nuts).**

SNACKS

Carrot sticks with Hommus – DF/GF/V	\$2.00
Cereal Munch mix of cereals - V	\$0.50
Fruit Cups peach/fruit salad - GF/V	\$1.80
Jelly Cups – assorted colours	\$1.20
Large Muffin choc chip/vanilla - V	\$0.50
Popcorn bag - GF/V	\$0.50
Red Rock Chips 28g	
Honey Soy/Sea Salt/Sweet chilli – GF	\$1.80
Corntos 20g - Zesty BBQ – GF	\$1.20
JJ's 20g – Chicken/Pizza	\$1.60
Mamee Noodles 25g –BBQ/chicken	\$1.00

FROZEN PRODUCTS

Zooper Doopers assorted flavours	\$0.50
Moosies strawberry/chocolate/banana	\$1.80
Frozen Pops reduced sugar cordial/milo	\$0.20
Slushies 200ml	\$2.20

ANY QUESTIONS please ask Angela.