

The Allenby Cafe

WINTER MENU – TERM 2 & 3

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 200g – GF	\$5.00
Chicken Burger	\$6.00
Lettuce/Tomato/Low Fat Mayo add cheese	50c
Chicken Nuggets (per nugget MAX 8)	\$0.70
Chicken Nuggets G/F (per nugget MAX 8)	\$0.80
Croissant ham/cheese or cheese (MAX 1)	\$4.80
Fish Fingers (price per finger MAX 6)V	\$0.70
Fried Rice (Pork) 200g - GF	\$4.90
Hot Noodle Cup chicken/beef	\$3.50
Mac N Cheese 200g V	\$4.90
Meat Pie 160g	\$4.00
Nachos corn chips/salsa/cheese - GF/V	\$4.00
Penne Napolitana 200g – V	\$4.90
Pizza Slabs	\$4.00
Margarita = Cheese & Tomato - V	
Hawaiian = Ham & Pineapple	
Potato Wedges with skin 250g - V	\$3.80
Sausage Roll 120g	\$3.80
Toasted Sandwich one filling	\$4.00
Add extras	
cheese/tuna/ham/chicken/tomato/pineapple/ baked beans	extra 50c
Vegetable Spring Rolls x3 50g each – V	\$5.00

SAUCES

Sour Cream 60ml	\$0.60
Sweet Chilli Sauce 60ml	\$0.60
Sweet Soy Sauce 40ml	\$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
Moo Milk 200ml	
chocolate/strawberry	\$2.00
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.

GF = Gluten Free
V= Vegetarian

SANDWICHES/ROLLS/WRAP/SALADS

Garden Salad	\$6.50
Lettuce/tomato/cucumber/carrot	
add cheese/tuna/chicken	extra 50c
Roll with one filling	\$5.00
cheese/tuna/ham/chicken	
Salad Roll	\$6.00
Lettuce/tomato/cucumber/carrot/low fat mayo	
add cheese/tuna/ham/chicken	extra 50c
Sandwich Vegemite or Buttered	\$2.50
Sandwich one filling	\$4.00
Add extras cheese/tuna/ham/chicken	extra 50c
Salad Sandwich	\$5.00
Lettuce/tomato/cucumber/carrot/low fat mayo	
add cheese/tuna/ham/chicken	extra 50c
Wraps	\$6.20
Lettuce/tomato/cucumber/carrot/low fat mayo	
add cheese/tuna/ham/chicken	extra \$1.00

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

SNACKS

Banana Bread 90g – V	\$4.00
Carrot sticks served with Hommus dip 70ml	
contains sesame - 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	\$1.50
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
Cornitos 20g Zesty BBQ – GF	\$1.20
JJ's 20g chicken /salt & vinegar/pizza	\$1.60
Monster Mamee Noodles 25g BBQ/chicken	\$1.00

FROZEN PRODUCTS

Hot Milo 200ml	\$1.50
Moosies strawberry/chocolate/banana	\$1.80
Slushies 200ml	\$2.20
Zooper Doopers – assorted flavours	\$0.50
Vanilla Ice Cream Cup 100ml GF	\$2.20
Frozen Yoghurt Mango Cup 100ml	\$2.20

ANY QUESTIONS
please ask Angela.