

THE KEDRON KITCHEN

SNACKS

APPLE SLINKY (GF) / 1.00

POPCORN (GF) / 1.00

APPLE CRUMBLE YOGHURT (GF) / 2.50

RASPBERRY RIPPLE YOGHURT (GF) / 2.50

SNACK BOX / 2.70

Crunchy carrot and cucumber sticks, cheese cubes, rice crackers and home made hummus

HEALTHY HOME BAKED GOODIES / 1.50

SPECIALS

WEEK 1 - SUSHI / 2.70

Assorted Flavours
+ soy sauce or gf soy sauce / 0.10

WEEK 2 - PIZZA / 4.00

Choose from Hawaiian, Chicken + Mushroom, Margarita or Vegetarian
+ gluten free base / 1.00

WEEK 3 - BURGERS / 4.50

Beef (Lettuce, Tomato, Beetroot, Cheese + Tomato or BBQ Sauce)
Thai Chicken (Lettuce, Carrot, Cucumber + Sweet Chilli Mayo)
Veggie (Veggie Pattie, Lettuce, Tomato, Cucumber + Sauce)
Wholemeal Bun or GF Wrap

WEEK 4 - BAKED POTATO (GF) / 4.50

Assorted toppings

CHECK OUT OUR NEW MEAL DEALS ONLINE!!

HOT MEALS

CHEESY QUESADILLA / 4.50

Wholegrain or gluten free tortilla filled with Mexican beef or refried beans and cheese, served with fresh salsa and lite sour cream

VEGGIE CURRY & BROWN RICE (GF) / 4.50

Delicious mild potato, pumpkin and lentil curry slow cooked and served with long grain brown rice, natural yoghurt and coriander

BEEF BOLOGNESE PASTA / 5.00

Beef and veggie filled slow cooked bolognese sauce served with elbow pasta & grated tasty cheese. GF pasta + 0.50

THAI YELLOW CHICKEN CURRY (GF) / 5.00

Mild and creamy coconut chicken curry served with long grain rice & fresh green beans.

DRINKS

100% FRUIT JUICE / 2.10

EMMA & TOM'S 100% Apple or Orange Juice 250ml

FLAVOURED MILK / 2.30

EMMA & TOM'S no added sugar Chocolate or Strawberry Milk 350ml

PLAIN MILK / 1.50

WATER / 1.00

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COLD MEALS

SALAD BOWL (GF) / 3.00

Garden salad with a fresh zesty dressing
+ cheese / 0.50
+ chicken, tuna, ham or a hard boiled egg/ 1.00

RICE PAPER ROLLS / 2.50

Freshly made in house, choose from:
- Chicken Teryaki (GF)
- Char Sui Pork
- Vegetarian (GF)

RICE NOODLE SALAD / 4.00

Choose from:
- Chicken Teryaki (GF)
- Char Sui Pork

SANDWICHES

SALAD / 3.00

Lettuce, carrot, tomato and cucumber on white or wholemeal bread
+ ham, chicken, cheese, or egg / 0.50
+ wholegrain or gluten free wrap / 0.70

EGG & LETTUCE / 3.50

+ wholegrain or gluten free wrap / 0.70

HAM OR CHICKEN, CHEESE AND TOMATO / 3.50

+ wholegrain or gluten free wrap / 0.70
+ toasted / 0.20

CHEESE / 3.00

+ wholegrain or gluten free wrap / 0.70
+ toasted / 0.20

VOLUNTEERS

WE NEED YOU!!!!

Volunteering at our tuckshop is a great way of getting to know other parents and staff and helps to keep our prices low.

Flexible shifts available! Tea, coffee and plenty of laughs provided.

Contact: kedronkitchenconvenor@gmail.com

ORDERING

Our tuckshop operates an online service. This is our preferred method of ordering to help reduce food wastage and to keep our prices affordable.

To order online please go to:
<https://tuckshop.schoolshoponline.net.au/kedronss/index.aspx>

The cut off for online ordering is 12pm Thursday.