

# KEP"O"LICIOUS

## MENU 2017

*Keptock State High School Open Daily From 7:30 am*

*Majority of food is produced on the premises using fresh local produce where possible.*

*Gluten free available on request.*

### Breakfast available from 7:30am

Bacon & Egg Muffin	\$3.70
Sausage & Egg Muffin	\$3.70
Smashed Egg Cone	\$2.50
Avocado & Fetta Smash on Toast	\$2.00
Cheese Toastie	\$2.00
Cheese / Tomato Toastie	\$2.50
Cheese / Ham Toastie	\$3.50
Cheese / Chicken Toastie	\$3.50
Brekky Wrap	\$4.50
(Egg, bacon, cheese , sausage, wrapped in tortilla)	
Low Fat Greek Yogurt	\$3.50
Yoplait Yoghurt	\$2.50

### Burgers & Kebabs

Beef Burger	
(with BBQ Sauce, lettuce, tomato, cucumber & onion on wholemeal roll)	
Chicken Burger	
(with mayo, lettuce, tomato cucumber on wholemeal roll)	
Sweet Chilli Chicken Kebab	
Greek Style Chicken Kebab	
Greek Style Lamb Kebab	
BBQ Pork Kebab	
Crispy Chicken Kebab	
<b>ALL \$6.00</b>	

### Selection of Hot Foods Available

Beef Lasagne
Carbonara
Chicken Mushroom Pasta
Beef Stroganoff
Tutti Frutti Chipolatas
Taco
Fried Rice
Spinach & Cheese Potato Bake
Bacon, Ham & Cheese Potato Bake
Macaroni Cheese
Butter Chicken (with steamed basmati rice)
Beef Chilli & Steamed Rice
Turkey Chilli & Steamed Rice
Sweet & Sour Chicken
Pizza Pasta Bake
Spaghetti Bolognese
Sausage & Mash
Curried Sausage & Mash
Nachos
Shepherds' Pie
Baked Potato
Roast Meat Roll
Assorted Quiches

**Meals will be varied daily**

**All \$4.00**

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## Quesadillas

Cheese /Tomato

Ham Cheese

Chicken Avocado Cheese

Spinach Fetta & Cheese

**\$1.50 per serve 2 slices (1/4)**

## Pizzas 9"

Cheese, Ham and Pineapple, Chicken and Bacon, Meat lovers, Roast Vegetables, Mediterranean, Spinach & Fetta & other variations

**Mon & Wed & Fri \$6.00**

**Cones** -1/2 Tortilla, filled with salad topped with the following

Fish, BBQ Pork Rib, Chicken Goujon, Sweet Chilli Chicken

**\$2.50 Each**

## Frozen Treats

Ice Block, Frozen Yoghurts

**From \$0.70 to \$4.00**

## Treats

Fruit Salad	\$2.50
Cheese\Biscuit	\$1.50
Chocolate Mousse	\$3.50
Pasta Salad	\$2.50
Rice Salad	\$2.50
Potato Salad	\$2.50

## Cold Box

**Assorted Sushi** **\$3.50**

Sandwiches made on wholemeal. **All \$4.00**

Egg lettuce, salad with or without meat, ham, cheese & tomato, chicken & mayo, ham & pickle

**Subs** **All \$4.50**

Served on wholemeal long roll with salad & assorted meats or chicken

## Salads

Garden Salads with chicken or egg **\$ 4.00**

## Gourmet Salads

Greek Salad, Peri Peri, Honey Soy Chicken, Roast Beef/ Pork Cajun, Roast Pumpkin, Spinach & Fetta

**All \$4.50**

## Drinks

Water 600ml	\$1.50
Water 1.5 Ltr	\$2.50
Flavoured Milk	From \$1.50 to \$4.00
Juice	\$2.50



**Eftpos Available Minimum \$3.00**

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