



Ordering is available on-line through QKR and our preferred method

### HEARTY HOT FOOD

Lasagne 97% fat free	\$5.80	☺☺☺
Macaroni Cheese 97% fat free	\$5.80	☺☺☺
Dim Sims Steamed	\$1.50	☺☺☺
Hot Noodles Chicken or Beef	\$3.50	☺☺
Chicken crumbed tender	\$2.50	☺☺GF
Hot Dog	\$4.20	☺☺
Beef Cheese Burger with Lettuce and Sauce	\$6.00	☺☺☺
Chicken and Cheese Burger with Lettuce & N	\$6.00	☺☺☺
<b>Gluten Free</b> Hot Dog (no roll)	\$3.50	☺☺GF
Chicken Breast Nugget - Bag of 3	\$4.00	☺☺
Chicken Breast Nugget - Bag of 6	\$7.00	☺☺
Corn Cobbette	\$1.50	☺☺☺
100% Vegetable Pastie	\$5.80	☺☺V
Lite N Up Beef Pie	\$5.80	☺☺
Lite N Up Sausage Roll	\$5.20	☺☺
Lite N Up Snack Party Pie	\$1.40	☺☺

All pies heart foundation approved, low GI, reduced fat

### SUPER SANDWICHES AND SALADS

Sandwich		
Vegemite	\$2.40	☺☺☺V
Cheese	\$2.60	☺☺☺V
Ham (97% fat free)	\$3.50	☺☺
Ham (97% fat free) and Salad	\$5.00	☺☺
Ham & Cheese	\$4.40	☺☺
Roast Chicken	\$4.40	☺☺☺
Roast Chicken & Salad	\$5.20	☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.40	☺☺☺V
Egg & Lettuce	\$3.50	☺☺☺V
<b>Rolls or Wraps extra</b>	<b>\$0.80</b>	
*****All sandwiches on wholemeal bread*****		
White bread available on request		
<b>FRESH MADE SALAD BOXES</b>		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$5.00 Reg	☺☺☺GF
Add beetroot	\$0.50	
Add egg	\$1.00	
Add Chicken or Ham	\$1.20	

### TASTY JAFFLES

Baked Bean and Cheese	\$4.50	☺☺☺V
Spaghetti	\$4.00	☺☺☺V
Cheese	\$4.00	☺☺☺V
Ham and Cheese	\$5.00	☺☺☺

### EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.40	☺☺
<b>LUNCH BAGS</b>	<b>\$0.30</b>	

Ordering on-line is available through QKR

Download the App through the App store or Google Play

Preferred Payment Method



### SPECIAL SNACKS

Popcorn, Butter, Cheeseor Slightly Sweet	\$1.80	☺☺GF
Chips Honey/Soy	\$1.80	☺☺
Choc Chip Cookies	\$2.80	☺☺
Gingerbread	\$2.00	☺☺
Homemade Mini Muffin	\$1.20	☺☺
Veggie Cup with Dip	\$2.20	☺☺☺GF
Fruit Salad Cup	\$2.30	☺☺☺GF
Yoghurt Frogs (5 pack)	\$1.00	☺☺

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

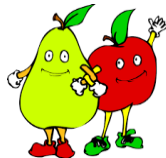
### DRINKS

250ml Water	\$1.60	☺☺☺GF
600ml Water	\$3.00	
<b>250ml Milk (Reduced Fat)</b> Chocolate, Strawberry	\$3.00	☺☺☺GF
<b>100% Fruit Juice 250ml</b>	\$3.00	☺☺☺GF
Apple or Tropical		
<b>Chill J Sparkling 100% Fruit Drink</b>	\$3.00	☺☺GF
Grape, Watermelon, Lemonade, Raspberry		

### FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Blue)	\$2.50	☺☺☺GF
Frozen Pineapple and Watermelon	\$0.60	☺☺☺GF
Twisted Frozen Yoghurt Choc/Van or		
Mango/W'Melon/ Strawberry	\$3.00	☺☺☺GF
Streets Paddle Pop Rainbow	\$2.60	☺☺

☺☺☺ Every Day Foods  
☺☺ Select Carefully foods  
V Denotes Vegetarian  
GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

PRICES SUBJECT TO CHANGE

EFFECTIVE JANUARY 2023

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE MARK BAG CLEARLY