

# KINGSWAY CAFÉ MENU – TERM 3 2024

## FRESH

● Red or Green Apple GF V	\$1.50
● Qukes Baby Cucumber GF V	\$2.00
● Snackable Carrots GF V	\$2.00
● Cherry Tomato GF V	\$2.00
● Petite Salad GF V	\$3.50
● Simple Fruit Salad GF V	\$2.50 \$3.50

## SUSHI

● Tuna	\$5.00	\$6.50
● Vegetarian	\$5.00	\$6.50

## SANDWICHES GF/Salad/ Wrap

● Vegemite v	+\$1.00	\$3.00
● Jam v	\$3.00	
● Cheese v	\$3.50	
● Ham, Cheese and Tomato	\$5.00	

## SNACKS

● Pizza Scroll v	\$3.50
● Cinnamon Scroll v	\$4.00
● Roast Potato Wedges GF V	\$3.00
● Grilled Banana Bread and Butter v	\$2.00
● Soup of the Day with Foccacia GFO V	\$5.00
● Basque Cheesecake with Berries GF V	\$4.00

## TOASTIES Gluten Free

● Cheese v	+\$1.00	\$4.00
● Ham and Cheese	\$4.50	
● Chicken	\$5.00	
● Bacon and Egg	\$5.00	

## PRIMARY SCHOOL MENU by the HOSPITALITY TRAINEES ALL MADE IN HOUSE \$5.50

### Monday

● Chicken Fried Rice GFO	or	● Vegetable Fried Rice GFO V
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### Tuesday

● Butter Chicken GF	or	● Macaroni and Cheese v
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### Wednesday

● Margarita Pizza	or	● Ham and Pineapple Pizza
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### Thursday

● Penne Napolitaine v GFO	or	● Pasta Bolognese
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### Friday

● Chicken Tenders, Wedges	or	● Vegetarian Bake v GFO
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### All Week

● Lite Sausage Roll \$4.00	● Beef Cruiser Pie \$4.50
● Spinach Riccotta Roll v \$4.00	

## DRINKS

● Water	\$2.00	● 100% Fruit Juice Box	\$2.00
● Up and Go	\$3.00	● Waterford's	\$3.00
● Juice Bomb	\$3.00	● Lite' Lipton Iced Tea	\$4.00
● Plain Milk	\$2.00 \$3.50	● Browne's Milk	\$3.50 \$5.00

## SWEETS

● Icy Poles GF V	\$1.00	● Froyo GF V	\$3.00
● Cookies v	\$2.00	● Nippys GF V	\$1.50

The Western Australian Dept of Education has implemented the Healthy Food and Drink (HFD) Policy in schools and is reliant on a healthy and active lifestyle.

● Green – Encourage/Promote

● Amber – Select carefully in small serves

● Red – not available.

GF- Gluten Free V Vegetarian

Café opens 8.00am/ Limited Number May Apply/ Orders by 9.00am

# KINGSWAY CAFÉ MENU – TERM 3 2024

**WEEK 1/4/7/10**

**ALL \$6.50**

## **MONDAY**

Chicken Madras Curry, Coriander, Rice Pilaf GF

Pea and Mint Risotto GF V

## **TUESDAY**

Tuna, Cucumber and Sprout Sushi, Kewpie Mayonnaise, Soy GF

'Mac and Three Cheese' with Tomato Chutney V

## **WEDNESDAY**

Club Sandwich

Wok Fried Noodles with Shallots and Prawn Crackers VO

## **THURSDAY**

Gluten Free Chicken Caesar Salad GF VO

Black Bean Casserole with Cheese Sauce, Tomato Salsa, Jalapeno GF V

Beef Nachos, Pico de Gallo, Corn Salsa and Sour Cream GF

## **FRIDAY**

Pulled Pork Burger, Cheese, Apple Slaw, Braising Jus GFO

Charred Corn Croquette Burger, Pickles and Burger Sauce V

V VEGETARIAN

VO VEGETARIAN OPTION FOR PREORDERS

GF GLUTEN FREE

GFO CAN BE MADE GLUTEN FREE FOR PRE ORDERS

# KINGSWAY CAFÉ MENU – TERM 3 2024

**WEEK 2/5/8**

**ALL \$6.50**

## **MONDAY**

Sweet and Sour Chicken with Pineapple, Vegetables, Jasmine Rice GFO

Charred Vegetable Filo Pie with Red Sauce v

## **TUESDAY**

Italian Meatball Pizza with Mild Chilli

Penne Pasta in Pink Tomato Sauce, Parmesan and Garlic Pizzette v

## **WEDNESDAY**

Spiced Chicken and Mexican Rice Burrito

Roast Vegetable Quesadilla with Cheese and Pickles v

## **THURSDAY**

Bobotie, Fruit Chutney, Yellow Rice

Charred Ratatouille, Feta and Cos Wedge Salad with or without Chicken GF VO

## **FRIDAY**

Cheeseburger, House Made Pickles, Onion, Tomato and Burger Sauce

Indonesian Fried Rice, Egg Curry v GFO

V VEGETARIAN

VO VEGETARIAN OPTION FOR PREORDERS

GF GLUTEN FREE

GFO CAN BE MADE GLUTEN FREE FOR PRE ORDERS

# KINGSWAY CAFÉ MENU – TERM 3 2024

**WEEK 3/6/9**

**ALL \$6.50**

## **MONDAY**

Tandoori Chicken Skewer, Rice Pilaf, Natural Yogurt and Kachumber GF

Singapore Style Fried Noodles v

## **TUESDAY**

Chorizo Sausage Roll, Balsamic Tomato Chutney

Chargrilled Bruschetta Trio of Baked Ricotta, 'Pesto' and Tomato Salad v GFO

## **WEDNESDAY**

18 Hour Beef Brisket Burger, Slaw, House Pickles, Braising Sauce GFO

Vegan Potato, Our Own Herbs and E.V.O.O Pizza v

Ham and Pineapple Pizza with Wedges

## **THURSDAY**

Penne Bolognese

Penne Pasta in Rose' Sauce, Garlic and Parmesan Bread v

Ploughman's Lunch of Chicken, Egg, Pickle, Cheese, Carrot, Radish, Lettuce, Sprouts with Vinegarette and Bread GFO

## **FRIDAY**

Thai Chicken Curry, Tomato and Cucumber, Jasmine Rice, Shallot GF

Vegetable Coconut Curry, Bean shoots, Noodles v

V VEGETARIAN

VO VEGETARIAN OPTION FOR PREORDERS

GF GLUTEN FREE

GFO CAN BE MADE GLUTEN FREE FOR PRE ORDERS

# KINGSWAY CAFÉ MENU – TERM 3 2024

## WEEK 3 LANGUAGES WEEK

### LUNCH SPECIALS

**ALL \$6.50**

#### MONDAY CROQUE MONSIEUR

HAM, GRUYERE, SAUCE BECHAMEL AND DIJON MUSTARD TOASTED SANDWICH GFO

#### TUESDAY HAM AND CHEESE CROISSANT

SAUCE BECHAMEL AND DIJON MUSTARD GFO

#### WEDNESDAY BEEF BOURGUIGNON

WITH POMME PUREE GF

#### THURSDAY QUICHE LORRAINE

WITH PETITE SALAD GFO

#### FRIDAY FOOD TRUCKS

GFO GLUTEN FREE OPTION FOR PREORDERS

GF GLUTEN FREE