



NEDROK'S KITCHEN ON-LINE MENU 2024 - TERM 1 FROM 29 January 2024

OPENING HOURS 8.00am - 1.45pm Monday - Friday

First Break - Monday 11.15am - 11.55am - Tuesday 11.15am - 11.40am - Wednesday 11.15am - 11.40pm- Thursday 11.15am - 11.40pm - Friday 11.15am - 11.55am
Second Break - Monday 1.10pm - 1.40pm - Tuesday 12.55pm - 1.40pm - Wednesday 12.55pm - 1.40pm - Thursday 1.10pm - 1.40pm - Friday 1.10pm - 1.40pm

PRE-ORDERING AVAILABLE BEFORE 8.30AM ON-LINE - FLEXISCHOOL

EVERYDAY MENU	PRICE	DAILY SPECIALS	PRICE
SANDWICHES & WRAPS (WHOLEMEAL BREAD ONLY)		MONDAY	
ASSORTED WRAPS SALAD (V)	\$ 4.50	NACHOS (V) (GF)	\$ 5.00
ASSORTED WRAPS HAM/CHICKEN	\$ 5.50	CHILLI CON CARNE (GF)	\$ 5.00
ASSORTED WRAPS FALAFEL (V)	\$ 6.00	TUESDAY	
VARIOUS FRESH SANDWICHES EGG (V)	\$ 4.50	BAHN MI SUB	\$ 5.50
VARIOUS FRESH SANDWICHES HAM/CHICKEN/salami/beef	\$ 5.50	VIETNAMESE SALADS (V) (GF)	
Gluten Free (GF) options available via Pre-Ordering Only adding \$1.50		STIR FRY WITH NOODLES (GF)	
FRESH DAILY SALADS		WEDNESDAY	
SEASONAL (GARDEN)	\$ 5.50	VEGETABLE SAMOSAS (V)	\$ 5.00
SEASONAL (FALAFEL)	\$ 6.50	NAAN BREAD (V)	\$ 2.00
CHICKEN CAESAR	\$ 6.50	THURSDAY	
PESTO PASTA (V)	\$ 6.00	SPAGHETTI BOLOGNESE	\$ 6.00
CHICKEN PESTO PASTA	\$ 6.50	FRIDAY	
VARIOUS SIDE SALADS (GARDEN, GREEK, PASTA)	\$ 4.00	MEATBALL SUB	\$ 6.00
HOT FOOD		HOT DOG	\$ 4.50
<i>Sauce provided via self service after payment.</i>		HOT DOG WITH CHEESE	\$ 5.00
CHEESE TOASTIE	\$ 3.00	DRINKS Available 8am - 1.45pm	
CHICKEN OR HAM & CHEESE TOASTIE	\$ 5.00	ASSORTED FRUIT JUICES	
BEEF PIE (THREE TIMES A WEEK)	\$ 4.50	EMMA & TOM'S - QUENCHER	\$ 4.50
SAUSAGE ROLL (THREE TIMES A WEEK)	\$ 4.50	EMMA & TOM'S - KARMARAMA	\$ 4.00
GARLIC BREAD (V)	\$ 2.50	FLAVOURED MILK	
SPINACH / RICOTTA ROLL (V) PRE-ORDER ONLY	\$ 4.50	500ML CHOCOLATE MILK	\$ 4.50
BEEF BURGER	\$ 6.50	500ML ICE BREAK COFFEE MILK	\$ 5.00
CHICKEN BURGER	\$ 6.50	500ML PLAIN MILK	\$ 3.00
VEGETARIAN BURGER (V)	\$ 6.00	300ML STRAWBERRY BREAKA	\$ 3.00
BLT BURGER	\$ 5.50	300ML CHOCOLATE BREAKA	\$ 3.00
BUTTER CHICKEN WITH RICE (GF)	\$ 6.00	300ML ICE COFFEE BREAKA	\$ 3.00
BAKERY		FLAVOURED SPARKLING WATER	
COOKIES	\$ 1.00	TAHITIAN LIME WATERFORDS	\$ 4.00
BROWNIES	\$ 2.00	ORANGE PASSION WATERFORDS	\$ 4.00
ASSORTED MUFFINS	\$ 3.00	BLACKCURRANT WATERFORDS LITE	\$ 3.50
BANANA BREAD	\$ 2.50	RASPBERRY WATERFORDS LITE	\$ 3.50
SNACKS		WATER	
FRUIT CUPS (V) (GF)	\$ 3.00	600ML WATER	\$ 2.00
CARROT & HUMMUS (V) (GF)	\$ 2.50	1LTR WATER	\$ 3.00
CORN CHIPS AND SALSA (V) (GF)	\$ 3.00	FOOD CODING GLOSSARY	
POPCORN LIGHTLY SALTED	\$ 2.00	(GF) GLUTEN FREE	
VARIOUS CHIPS (SMITHS, RED ROCK)	\$ 2.50	(V) VEGETARIAN	

INSTRUCTIONS ON HOW TO REGISTER AND ORDER ON-LINE CAN BE FOUND ON THE SCHOOL WEBSITE - INSTRUCTIONS ALSO EMAILED TO ALL FAMILIES

Volunteers help run Nedrok's Kitchen and we are always appreciative of more helpers. Call the team on (07) 3630 3333 or email us on tuckshop@kedronshs.eq.edu.au. We look forward to meeting you.