

Kooka's Canteen



Open everyday - All ordering done via the QKR! App, cut off 8.30am - Orders given at First Break 11am - Orders can be cancelled via the app up until 8.30am, after this time please contact the tuckshop - 07 37255648 jhsstuckshop@gmail.com

Hot Foods

6" Pizza – Cheese, Vege and Meat of the week (check QKR)	\$6.00/\$6.50
Beef Burger with Cheese (gfo/dfo) (Homemade beef patty, cheese, choice of sauce)	\$5.00
Beef Burger with Salad (gfo/dfo) (Homemade patty, cheese, lettuce, tomato, carrot, beetroot, choice of sauce)	\$6.00
Crispy Chicken Wrap (gfo/df) (Crispy gf coated chicken, lettuce, choice of sauce, option to add extra salad & cheese)	\$6.00
Meatball Sub (dfo) (Meatballs with tomato sauce, topped with cheese in a long roll)	\$5.00
Spaghetti Bolognese (gfo/dfo) With cheese	\$5.50 \$6.00
(Homemade beef mince, grated veges, onion, garlic, herbs, tomato passata)	
Macaroni & Cheese Add Ham or Chicken	\$4.50 \$5.00
(Homemade cheese sauce, pasta, mixed veges)	
Fried Rice (gf/df) Add Ham or Chicken	\$4.50 \$5.00
(Homemade fried rice, with mixed veges, garlic, ginger, gf soy sauce)	
Meatball Snack Cup (dfo) (3 beef meatballs in sauce topped with cheese)	\$3.00
Chicken Wing Snack Cup (gf/df) (3 plain or honey soy chicken wings)	\$3.00
Corn Cob	\$1.00

Birthdays

Cupcakes (30)	\$25.00
Choc / Vanilla / Mix GF	\$30.00
Ice blocks (30) (99% Fruit Juice)	\$30.00

Salads

Garden Salad (GF, DFO) (lettuce, carrot, cheese, tomato, cucumber, & beetroot)	
Small	\$2.50
Large	\$5.00
Add Ham/Chicken	
Small	\$1.00
Large	\$1.50

Sandwiches & Wraps

Available on wholemeal bread, wrap or gf Bread/gf wrap
Option to have it toasted

Strawberry Jam (Homemade)	\$2.00
Cheese	\$2.00
Add Tomato or Pineapple	\$2.50
Ham or Chicken	\$3.50
Add Cheese	\$4.00
Add Tomato or Pineapple	\$4.50
Salad & Cheese (Cheese, lettuce, tomato, cucumber & beetroot)	\$4.00
Add Ham or Chicken	\$5.50

Snacks

Frozen pineapple	50c
Frozen orange wedges	50c
Frozen Banana Pop (plain, choc, cinnamon)	50c
Apple Slinky	\$1.00
Cheese & Rice Crackers (gf)	\$1.00
Popcorn (gf/df)	\$1.00
Fresh Fruit Salad (seasonal)	\$2.00
Muffin/Slice (gfo)	\$1.50
Banana Bread (gfo/df)	\$1.50
Choc Bliss Balls (3) (gf/df)	\$2.00
Frozen Fruit Cup (gf/df) (berries, mango, pineapple)	\$1.50
Snack Pack (gf) (cheese, crackers, sultanas, carrot sticks)	\$2.00
Muesli Cup (dfo) (seasonal fruit, yoghurt & muesli)	\$3.00

Drinks

Water 600ml	\$2.00
Krazy Lemon 200ml	\$2.50
100% Juice Box 200ml	\$2.50
Flavoured Milk 200ml	\$2.50
Smoothies (Homemade, DFO)	\$2.00

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Term 1 Specials \$7.00

Available Wednesday to Friday

WEEK 2 – 5 FEB – Mexican Bowl (gf/df)

Rice, beans, tomato, corn, cheese, corn chips served with Mexican spiced mince or beans, topped with guacamole & sour cream

WEEK 3 – 12 FEB – Tuna Poke Bowl (gf/df)

Tuna, rice, avocado, cucumber, carrot, mayo dressing

WEEK 4 – 19 FEB – Chicken Caesar Salad

Chicken, Lettuce, Bacon, Parmesan, Croutons, Caesar Dressing

WEEK 5 – 26 FEB – Chia Pudding (df)

Chia pudding with coconut milk topped with homemade muesli and fresh fruit salad

WEEK 6 – 5 MAR – Vietnamese Pork Noodle Salad (gf/df)

Rice noodles, lettuce, carrot, cucumber, herbs with Vietnamese dressing and Pork

WEEK 7 – 12 MAR – Chicken & Chickpea Salad (gf/df)

Spinach, tomato, red onion, avocado, chicken, chickpeas with a hummus dressing

WEEK 8 – 19 MAR – Lamb Cous Cous Salad

Slow cooked lamb, tzatzki sauce, cous cous, capsicum, cucumber, red onion

WEEK 9 – 26 MAR – Chicken Pesto Pasta Salad (gfo/df)

Pasta, spinach, chicken, cherry tomatoes with homemade nut free basil pesto

WEEK 10 – 2 APR – Sushi Bowl (gf/df)

Sushi rice, nori sheets, edamame, carrot, cucumber, with Teriyaki Chicken or Avocado, topped with Mayo