




# Maria's KITCHEN




## School Lunch Menu—2022

All orders to be placed through the QKR app.

Phone Enquiries 0403 163 576  
Email [mariaskitchen@bigpond.com](mailto:mariaskitchen@bigpond.com)

### HOT FOOD

Sausage Roll - small, low fat	2.00
Garlic Bread	2.80
Cheesy Garlic Rolls	3.50
Sausage Roll - large, low fat	3.80
Meat Pie	4.90
Pasty - vegetarian	4.90
Chicken Nuggets - low fat x 4	4.00
Hot Dog - plain	3.80
- with sauce	4.00
- with cheese & sauce	4.80
Hot Pizza Subs - ham, cheese, tomato pizza sauce,	5.00
Teriyaki Chicken Subs - with mayo	5.00
Roast Chicken Subs - with mayo	5.00
Sweet Chilli Chicken roll	5.00
Meatball Sub - with homemade tomato sauce	5.00
Beef Cheese Burger	5.00
Fish Burger - with mayo	5.00
Cheese Toasty	3.40
Cheese & Tomato Toasty	4.00
Ham & Cheese Toasty	4.60
Ham, Cheese & Tomato Toasty	5.00

### LARGER MEALS

Butter Chicken & Rice	6.80
Veg Fried Rice	6.20
Teriyaki Chicken	6.80
Apricot Chicken	6.80

(many more avail... check the QKR app.)

### SANDWICHES

	<u>SANDWICHES</u>	<u>ROLLS</u>
Vegemite	4.00	4.30
Cheese	4.40	
Cheese & Vegemite	4.40	
Egg	4.90	5.00
Ham	5.00	5.30
Tuna	5.00	5.30
BBQ Chicken	5.00	5.30
Egg & Lettuce	5.00	5.30
Ham & Cheese	5.60	5.90
Cheese & Salad	4.80	5.10
Ham & Salad	5.90	6.10
Chicken & Salad	5.90	6.10

Sauce or Mayo .30

### HOTPACKS

Home-made in Marias Kitchen. No additives, low in fat

Fried Rice or Vegetarian Fried Rice	5.80
Thai Noodle & Veg.	5.80
Meat Ravioli	5.80
Macaroni Meat Bake	5.80
Butter Chicken & Rice	5.80
Macaroni Cheese	5.80
Beef / Vegetarian Lasagne	5.80
Spaghetti Bolognese	5.80
Pasta Twists in Bolognese Sauce	5.80
Neapolitan Pasta Twists	5.80
Thai Green Curry	5.80
Shepherds Pie	5.80
Spaghetti & Meatballs	5.80
Honey Soy Chicken & Rice	5.80

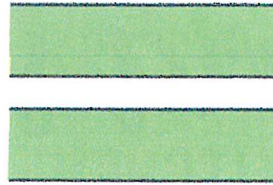
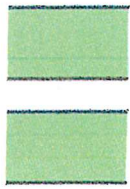
### GLUTEN FREE

Pasta Twists in Bolognese Sauce	6.80
Shepherd's Pie	6.80
Macaroni & Cheese	6.80
Butter Chicken & Rice	6.80
Fried Rice	6.80
GF Cheese Toasty	4.40
GF Cheese & Tomato Toasty	5.00
GF Ham & Cheese Toasty	5.60

### SALAD TUBS

Pasta Salad	4.00
Cheese Salad Tub	5.90
Chicken Salad Tub	5.90
Egg Salad Tub	5.90
Ham Salad Tub	5.90
Greek Salad with Balsamic Glaze	6.00

Chicken Tender Salad Wraps 6.40



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Many more menu items listed on the app....

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### HOT SNACKS

Banana Bread	2.80
Hot Choc Chip Muffin	3.00
Hot Apple Crumble	3.10

### DRINKS

Plain Milk 200ml	1.80
Spring Water 600ml	2.00
Juice, 100%, apple, orange 250ml	2.50
Choc/Straw Milk 200ml	2.50

### COLD SNACKS

Yoghurt Frogs	.60
Seasonal Fresh Fruit	1.50
Plain Popcorn	1.80
Honey Soy Chips	2.00
Jelly Cup	2.00
Natural Snack Pack	2.80
Fruit Salad Cup	2.80
Cookies - Choc Chip/ Anzac	3.00

### FROZEN TREATS

Frozen Yoghurt	3.00
Frozen Orange or Apple Juice cups	2.80
Chocolate or Strawberry Milk Slushies	2.80



Please place all orders and pay online using the QKR app, available at the App Store, Google Play, etc.

Simply download, add some details, find our school and order from the online menu.

Please contact Maria directly with any queries.