

Russell Vale Public School

Healthy Canteen Menu



Items to Order

SALAD BOXES

E Salad Box (V)(GF) (Lettuce, Tomato, Cucumber, Carrot)	\$3.50
E Cheese Salad Box (V)(GF) (Cheese, Lettuce, Tomato, Cucumber, Carrot)	\$3.80
E Ham Salad Box (GF) (Ham, Lettuce, Tomato, Cucumber, Carrot)	\$4.20
PLEASE SPECIFY BELOW	
Dressing or Mayonnaise - ADD	\$0.20

BURGER STYLE SANDWICHES

O Chicken Schnitzel Sandwich (with lettuce & mayonnaise)	\$4.20
Add Tomato or BBQ Sauce	\$4.30
Add Cheese	\$4.40
With Tomato Sauce & Cheese	\$4.50

E Beef Patty Sandwich (with lettuce, cheese & tomato sauce)	\$4.20
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PLEASE SPECIFY BELOW INFORMATION

GF Bread- ADD	\$0.70
No Lettuce / Mayo / Cheese	
No Butter / Sauce	
Prefer BBQ sauce	

HOT FOOD

E Mac & Cheese (V)	\$4.00
E Lasagne	\$4.00
E Twisted Bolognaise	\$4.00
E Thai Chicken Fried Rice	\$4.00
O Pie	\$4.00
O Mini Pie	\$1.50
O Sausage Roll	\$3.00
O Pizza (Cheese / Ham & Cheese)	\$3.00
O Garlic Bread	\$2.00
O Hash Brown (V)	\$1.20
O Chicken Wedge	\$1.00
O Hot Chips (V)	\$1.50
O Fish and Chip Bucket (with tarte sauce)	\$4.50
O Chicken and Chip Bucket (with tomato sauce)	\$4.50
O Mini Spring Rolls (5 w/sweet & sour sauce) (V)	\$3.00
O Noodle Cup Chicken Flavour (V)	\$3.00
E Edamame (V) (GF)	\$2.50
E Corn Cob (V) (GF)	\$1.00

Orders must be in by end of recess

EXTRAS

Tomato Sauce Sachet	\$0.20
BBQ sauce Sachet	\$0.20
Lunch Bag	\$0.10
Wooden Spoon or Fork	\$0.20
Gluten Free Bread - ADD	\$0.70

SANDWICHES

E Cheese Sandwich (V)	\$2.50
E Cheese & Vegemite Sandwich (V)	\$2.60
E Cheese & Tomato Sandwich (V)	\$2.80
E Ham Sandwich	\$3.00
E Ham & Cheese Sandwich	\$3.30
E Ham, Cheese & Tomato Sandwich	\$3.60
E Salad Sandwich (V) (Lettuce, Tomato, Cucumber, Carrot)	\$3.50
E Ham Salad Sandwich	\$4.20
E Cheese Salad Sandwich (V)	\$3.80
E Jam or Vegemite Sandwich (V)	\$2.00

PLEASE SPECIFY BELOW INFORMATION

GF Bread - ADD	\$0.70
Extra Sauce or Mayonnaise - ADD	\$0.20
No Butter	

TOASTED SANDWICHES

E Cheese Toastie (V)	\$3.00
E Cheese & Vegemite Toastie (V)	\$3.10
E Cheese & Tomato Toastie (V)	\$3.30
E Ham & Cheese Toastie	\$3.80
E Ham, Cheese & Tomato	\$4.00
E Ham & Tomato Toastie	\$3.80
GF Toastie - ADD	\$0.70
E Raisin Toast (2 slices)	\$1.50

E=Everyday O=Occasional V=Vegetarian GF=Gluten Free

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Items to Purchase

Snacks & Frozen items are not to be ordered

DRINKS

E Water Bottle	\$1.20
E Juice Bomb Can (Assorted flavours)	\$2.50
E Nippy's Flavoured Milk Popper (Chocolate or Strawberry)	\$2.00
E Nippy's Juice Popper (Orange, Apple & Blackcurrant or Apple)	\$1.50
E Sippah Flavoured Straws with Full cream milk (Assorted flavours)	\$1.50
E Mt Franklin Sparkling Water Can (Assorted flavours - No Sugar)	\$2.00
E Sparkling Mineral Water Bottle	\$1.50
E Hot Milo (with full cream milk)	\$1.50

SNACKS

E Cheese & Crackers Cup (GF) (Air Baked Rice Crackers w/ bega cheese slices)	\$1.20
E Fruit Kebab (GF)	\$0.50
E Sliced Watermelon (GF)	\$0.50
Seasonal	
E Whole Fruit- Seasonal (GF)	\$0.80
E Air Popped Popcorn (GF)	\$0.20
O Red Rock Chips (GF) (with Sea Salt)	\$1.50
O Grain waves Chips (Sour cream & Chives)	\$1.50
E Pikelets (2 with butter)	\$1.50
E Sultanas (GF)	\$0.10

FROZEN SNACKS

E Milk Pop (GF) Chocolate / Strawberry / Vanilla	\$0.40
E Quelch Fruit Ice Stick (GF) Raspberry / Strawberry / Blackcurrant Tropical / Apple	\$0.70
E Frozen Juice Pouch (GF) Apple & Blackcurrant	\$1.00
O Frozen Yoghurt (GF) Mango & Watermelon	\$2.50
E Frozen Snap Stix (GF) Assorted Flavours	\$1.50
E Moosies Chocolate / Blue Moon	\$1.50

Below are only when available

E Frozen Fruit Bag (GF)	\$0.50
E Frozen Watermelon Pop (GF)	\$0.50

All Snacks and Drinks are
Suitable for Vegetarian

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