

# Russell Vale Public School

## Healthy Canteen Menu



### Items to Order

#### SALAD BOXES

|  |        |
|--|--------|
| E Salad Box (V)(GF)<br>(Lettuce, Tomato, Cucumber, Carrot)                 | \$3.00 |
| E Salad Plus Box (V)(GF)<br>(Plus Beetroot)                                | \$3.30 |
| E Cheese Salad Box (V)(GF)<br>(Cheese, Lettuce, Tomato, Cucumber, Carrot)  | \$3.30 |
| E Egg Salad Box (V)(GF)<br>(Boiled Egg, Lettuce, Tomato, Cucumber, Carrot) | \$3.50 |
| E Ham Salad Box (GF)<br>(Ham, Lettuce, Tomato, Cucumber, Carrot)           | \$4.00 |
| PLEASE SPECIFY BELOW   |        |
| Dressing or Mayonnaise - ADD   | \$0.20 |

#### BURGER STYLE SANDWICHES

|   |        |
|---|--------|
| O Chicken Schnitzel Sandwich<br>(with lettuce & mayonnaise)     | \$3.80 |
| Add Tomato or BBQ Sauce   | \$4.00 |
| Add Cheese  | \$4.10 |
| With Tomato Sauce & Cheese                                      | \$4.30 |
| E Beef Patty Sandwich<br>(with lettuce, tomato, cheese & sauce) | \$3.80 |

#### PLEASE SPECIFY BELOW

|                                     |        |
|-------------------------------------|--------|
| GF Bread- ADD                       | \$0.70 |
| No Lettuce / Mayo / Tomato / Cheese |        |
| No Butter / Sauce                   |        |
| BBQ sauce / Sweet & Sour sauce      |        |

#### HOT FOOD

|  |        |
|--|--------|
| E Mac & Cheese (V)                           | \$3.50 |
| E Lasagne (Until Sold Out)                   | \$3.50 |
| E Spaghetti Bolognese                        | \$3.50 |
| O Pie  | \$3.50 |
| O Sausage Roll                               | \$2.80 |
| O Fish Cocktail                              | \$1.00 |
| O Hot Chips (V)                              | \$1.50 |
| O Fish and Chip Bucket (with tarte sauce)    | \$4.50 |
| O Spring Rolls (with sweet & sour sauce) (V) | \$3.00 |
| O Noodle Cup Chicken Flavour (V)             | \$3.00 |
| O Noodle Cup Beef Flavour (V)                | \$3.00 |
| O Hawaiian Pizza                             | \$3.00 |
| O Hash Brown (V)                             | \$1.20 |
| O Chicken Wedge                              | \$1.00 |
| E Edamame (V) (GF)                           | \$2.50 |
| E Corn Cob (V) (GF)                          | \$1.00 |

#### SANDWICHES

|   |        |
|---|--------|
| E Cheese Sandwich   | \$2.20 |
| E Cheese & Vegemite Sandwich                                | \$2.30 |
| E Cheese & Tomato Sandwich                                  | \$2.50 |
| E Ham Sandwich  | \$2.70 |
| E Ham & Cheese Sandwich                                     | \$3.00 |
| E Ham, Cheese & Tomato Sandwich                             | \$3.30 |
| E Salad Sandwich (V)<br>(Lettuce, Tomato, Cucumber, Carrot) | \$3.00 |
| E Salad Plus Sandwich (V)<br>(Plus Beetroot)                | \$3.30 |
| E Ham Salad Sandwich  | \$4.00 |
| E Cheese Salad Sandwich (V)                                 | \$3.30 |
| E Egg & Lettuce Sandwich (V) MAYONAISE                      | \$3.50 |
| E Jam or Vegemite Sandwich (V)                              | \$1.20 |

#### PLEASE SPECIFY BELOW

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

Orders must be in by end of recess

#### EXTRAS

|                           |        |
|---------------------------|--------|
| Tomato Sauce Sachet       | \$0.20 |
| BBQ sauce Sachet          | \$0.20 |
| Sweet & Sour sauce Sachet | \$0.20 |
| Lunch Bag                 | \$0.10 |
| Plastic Spoon or Fork     | \$0.10 |
| Gluten Free Bread - ADD   | \$0.70 |

#### TOASTED SANDWICHES

|                             |        |
|-----------------------------|--------|
| E Cheese Toastie            | \$2.50 |
| E Cheese & Vegemite Toastie | \$2.60 |
| E Cheese & Tomato Toastie   | \$2.80 |
| E Ham & Cheese Toastie      | \$3.30 |
| E Ham, Cheese & Tomato      | \$3.50 |
| E Ham & Tomato Toastie      | \$3.30 |
| 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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## Healthy Canteen Menu



### Items to Purchase

#### DRINKS

|   |        |
|---|--------|
| E Water Bottle  | \$1.20 |
| E Juice Bomb Can<br>(Assorted flavours)                             | \$2.50 |
| E Nippy's Flavoured Milk Popper<br>(Chocolate or Strawberry)        | \$2.00 |
| E Nippy's Juice Popper<br>(Orange, Apple & Blackcurrant or Apple)   | \$1.50 |
| E Sippah Flavoured Straws<br>with Full cream milk                   | \$1.20 |
| E Mt Franklin Sparkling Water Can<br>(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)<br>(Air Baked Rice Crackers w/ bega cheese slices) | \$1.20 |
| E Carrot & Hummus Cup (GF)  | \$1.20 |
| E Slinky Apple (GF)   | \$0.70 |
| E Fruit Kebab (GF)  | \$0.50 |
| E Whole Fruit- Seasonal (GF)  | \$0.70 |
| E Sliced Watermelon (GF)<br>Seasonal  | \$0.50 |
| E Air Popped Popcorn (GF)   | \$0.20 |
| O Red Rock Chips (GF)<br>(with Sea Salt)  | \$1.50 |
| O Grain waves Chips<br>(Sour cream & Chives)                                    | \$1.50 |
| E Pikelets (2 with butter)  | \$1.50 |
| E Sultanas (GF)   | \$0.10 |

#### FROZEN SNACKS

|  |        |
|--|--------|
| E Milk Drop (GF)<br>Chocolate / Strawberry   | \$0.40 |
| E Quelch Fruit Ice Stick (GF)<br>Raspberry / Strawberry / Blackcurrant<br>Tropical / Apple                           | \$0.70 |
| E Nippys Frozen Juice Cup (GF)<br>Apple & Blackcurrant   | \$0.90 |
| O Frozen Yoghurt (GF)<br>Mango & Watermelon  | \$2.40 |
| E Marvel Sour Sugar Free-zies (GF)<br>Passionfruit / Strawberry / Lemon<br>Watermelon / Apple                        | \$0.70 |
| E Summer Fruit Sugar Free-zies (GF)<br>Passionfruit / Strawberry / Pineapple<br>Watermelon / Apple                   | \$0.70 |
| E Frozen Snap Stix (GF)<br>Sweet Raspberry / Sour Grape  | \$1.50 |
| N/A Milk Drops / Frozen Yoghurt<br>Frozen Juice Cups / Custard Drops<br>all require a spoon which are sold separatly | \$0.10 |

All Snacks and Drinks are  
Suitable for Vegetarian

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