

RUSSELL VALE PUBLIC SCHOOL

HEALTHY BITES CANTEEN
MENU 2019

SANDWICHES

CHEESE	\$2.00
CHEESE & TOMATO	\$2.30
HAM	\$2.50
HAM & CHEESE	\$2.80
HAM, CHEESE, TOM	\$3.00
SALAD	\$2.50

EXTRAS: HAM	\$0.70
CHEESE	\$0.30
TOASTED	\$0.30
GF WRAP	\$0.70

JAM	\$1.00
VEGEMITE	\$1.00
RAISIN TOAST (2 slices)	\$1.50

Lunch Bags .10c



Lunch orders to be placed by the
end of Recess 11:30am

Canteen open Mon/Weds/Fri

If you would like to help at the canteen
please visit the school website or app for
the link to SignUp.com – training
provided!

HOT FOOD

FISH COCKTAIL	\$0.70
CHICKEN WEDGE	\$0.80
HOT CHIPS	\$1.20
PIZZA (HAWAIIAN)	\$2.20
SAUSAGE ROLL	\$2.50
PIE	\$3.00
LASAGNE	\$3.00
MAC & CHEESE	\$3.00
BUTTER CHICKEN	\$3.30
& RICE (GF)	
CHICKEN SCHNITZEL	\$3.50
S/WICH (LETTUCE & MAYO)	
BEEF PATTY S/WICH	\$3.50
(LETTUCE, TOMATO, CHEESE + SAUCE)	

EXTRAS:

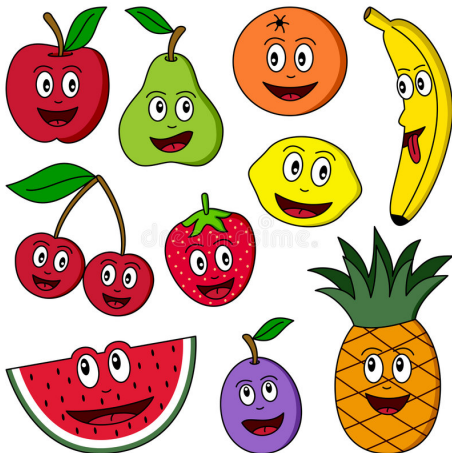
TOMATO SAUCE	\$0.20
BBQ SAUCE	\$0.20

SNACKS

SULTANAS	\$0.10
AIR POPPED	\$0.20
POPCORN	
FRUIT KEBAB	\$0.40
SLINKY APPLE	\$0.50
CHEESE STRINGER	\$0.60
CHEESE & CRACKER	\$1.00
CUP (WHOLEGRAIN CRACKERS)	
RED ROCK CHIPS	\$1.50
(HONEY SOY CHICKEN OR SEA SALT)	

SPECIALS

FRESH FRUIT SALAD \$2.00
(MONDAY ONLY)



DRINKS

NIPPYS JUICE POPPER	\$1.50
-APPLE	
-ORANGE	
-APPLE BLACKCURRANT	
OAK MILK POPPER	\$1.70
-CHOCOLATE	
-STRAWBERRY	
HOT MILO	\$1.50

COLD SNACKS

MILK DROP	\$0.25
(CHOC OR STRAWBERRY)	
QUELCH ICE STICK	\$0.40
(MANGO/ORANGE/APPLE/ TROPICAL/BLACKCURRANT)	
FROZEN ORANGE OR BLACKCURRANT	\$0.50
SLUSHIE	\$1.50
FROZEN YOGHURT	\$2.00
(MANGO & WATERMELON OR STRAWBERRY) (GF)	