

Russell Vale Public School

Healthy Canteen Menu



Items to Order

SALAD BOXES

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

BURGER STYLE SANDWICHES

O Chicken Schnitzel Sandwich (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 (with lettuce, tomato, cheese & sauce)	\$3.80
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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	\$3.50
E Butter Chicken & Rice (GF)	\$4.00
O Pie	\$3.50
O Sausage Roll	\$2.80
O Hawaiian Pizza	\$3.00
O Hash Brown (V)	\$1.20
O Chicken Wedge	\$1.00
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
E Thai Chicken Fried Rice	\$4.00
O Noodle Cup Chicken Flavour (V)	\$3.00
O Rice Noodle Cup Chicken Flavour (V)(GF)	\$3.00
O Noodle Cup Beef Flavour(V)	\$3.00
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) (Lettuce, Tomato, Cucumber, Carrot)	\$3.00
E Salad Plus Sandwich (V) (Plus Beetroot)	\$3.30
E Ham Salad Sandwich	\$4.00
E Cheese Salad Sandwich (V)	\$3.30
E Egg & Lettuce Sandwich (V) MAYONNAISE	\$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
Almond Milk - ADD	\$0.50

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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Items to Purchase

DRINKS

E Water Bottle	\$1.20
E Juice Bomb Can (Assorted flavours)	\$2.50
E Oak 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	\$1.20
with Almond milk	\$1.70
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
E Hot Milo (with Almond milk)	\$2.00

SNACKS

E Cheese & Crackers Cup (GF) (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) Seasonal	\$0.50
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
O Cocoa Bean Brownie	\$1.20
E Pikelets (2 with butter)	\$1.50
E Sultanas (GF)	\$0.10

FROZEN SNACKS

E Milk Drop (GF) Chocolate / Strawberry	\$0.30
E Quelch Fruit Ice Stick (GF) Raspberry / Strawberry / Blackcurrant Tropical / Apple	\$0.50
E Nippys Frozen Juice Cup (GF) Orange / Apple & Blackcurrant	\$0.70
O Frozen Yoghurt (GF) Mango & Watermelon Strawberry & Vanilla Bean	\$2.20
E Custard Drop (GF)	\$0.60
E Frozen Snap Stix (GF) Sweet Raspberry / Sour Grape	\$1.50
N/A Milk Drops / Frozen Yoghurt Frozen Juice Cups / Custard Drops all require a spoon which are sold separatly	\$0.10

All Snacks and Drinks are
Suitable for Vegetarian

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