

Rosewood Downs Primary School Canteen Menu 2017

Sandwiches...

Choose a Wholemeal or White

Sandwich with a selection of fillings including:

H Roasted Chicken w/lettuce & mayo	4.60
V Cheese	3.20
V Jam or Vegemite or Tomato	2.80
V Cheese & Tomato	3.40
V Egg & Lettuce	3.50
Ham & Cheese	3.40
add tomato	0.20
Ham or Tuna	3.40

Roll or Wrap add 0.50

V <u>Salad Plate</u> - includes Lettuce, Tomato, Carrot & Cheese	5.50
with Ham or Tuna	6.00
H with Chicken	6.00

Toasted

V Cheese	3.00
V Cheese & Tomato	3.40
Ham & Cheese	3.40
Ham, Cheese & Tomato	3.60

Roll or Wrap add 0.50

Healthy Choice Snacks...

V Fresh Fruit in season <i>from</i>	1.20
V Carrot Sticks	1.00
V Corn Cob	1.00
V Corn in a cup	2.20
Homemade Muffins	1.60
Homemade Giant Cookies (Large)	1.20
Popcorn	1.70
H JJs Snacks	1.70
Mamme Chicken Noodle Snack	1.20
Mamme Corntos	1.00
Toasted Garlic Bread	0.80

Good Warmed Options...

H Stir Fry Rice or Noodle (w/chicken meat & vegetables)	4.30
V Steam Rice w/soy sauce	4.00
V Macaroni Cheese	4.30
Spaghetti Bolognaise	4.40
Lasagne	4.50
Pizza - Hawaiian/Margarita (V)	3.60

Alternate Warmed Selection...

H Chicken Nuggets (oven baked) x 3	3.00
H Chicken Dino Snack (oven baked) x 4	3.40
V Potato Gem (oven baked) x 7	2.80
H Dim Sim (Steamed) w/soy	1.20
Bowl Noodles (Chicken Flavour)	4.00
Hot Dog (Low fat) w/sauce	3.90
Hot Dog (Low fat) with Cheese & sauce	4.30
H Meat Pie	4.70
H Sausage Roll	3.90
Party Pie - Lite	1.50
H Chicken Wrap or Roll w/lettuce & mayo	4.80
H Chicken / Beef Burger w/lettuce & mayo or ketchup	4.60
Sweet Chillie Chicken Wrap or Roll w/lettuce & mayo	4.50
Sweet Chillie Tender	2.20
Fish Finger Wrap or Roll w/lettuce & mayo	4.20

Drinks and Frozen Treats...

Spring Water	2.00
Just Juice Box - 100% Apple, Orange	2.20
Big M Milk - Chocolate or Strawberry	2.80
Hot Chocolate	2.00
H Jelly Cup (Halal Certified)	1.20
Quelch Frozen Tubes (99% Fruit Juice)	1.00
Frozen Yoghurt tube (cream or sour)	1.20
Moosies (choc, strawberry or blue moon)	1.70
Calippo	1.60
Icy Twist	1.60
Ice cream cup (low fat)	1.40
V Frozen Pineapple / Peach	0.90
V Frozen Juice Cup	1.00

Others...

Paper Bag	0.20
Extra Spoon / Fork	0.10

1. Please place money securely in a lunch bag with child's name, room number and amount enclosed. (NO sticky tape or staples please.)
2. All lunch orders please provide with a lunch bag or pay 20 ¢ cents for it.
3. Lunch Order available 5 days per week.
4. Orders should be in lunch basket for processing.

Prices include G.S.T. and are subject to change

V- Vegetarian
H- Halal