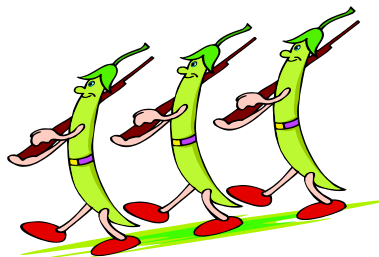


OUR LADY OF THE ROSARY CANTEEN MENU 2022



Healthy Canteen Price List



RECESS

Ham & Cheese $\frac{1}{2}$ wrap toasted.....	\$1.00
Pizza Subs (homemade).....	\$1.00
(Ham/Chicken/Spaghetti)	
Cheese & Garlic Jaffles	\$0.50
Pikelets (homemade)	\$0.30
Milo Cup/Hot Chocolate.....	\$1.00
Up & Go.....	\$2.00
(Chocolate/Strawberry/Vanilla)	
Popcorn Plain	\$1.00
(**Can also be ordered for lunch)	

SANDWICHES

(sandwich/wrap/roll or toasted)

Bread & Butter.....	\$1.00
Cheese & Tomato.....	\$2.50
Cheese.....	\$2.50
Egg & Lettuce(with mayo).....	\$3.70
Egg (plain or curry).....	\$3.50
Ham, Cheese & Tomato.....	\$4.00
Lean Ham.....	\$3.50
Ham & Cheese.....	\$3.80
Chicken Breast.....	\$3.50
Salad.....	\$4.00
(lettuce/tomato/carrot/cucumber/beetroot)	
Tuna.....	\$4.00
Vegemite.....	\$2.50

Sandwich & Wrap Extras:

Fillings (lettuce/tomato/cucumber/ Beetroot/cheese/carrot).....	\$0.30ea
GF Gluten Free Bread	\$1.00
GF Wrap	\$1.00
Roll.....	\$0.80

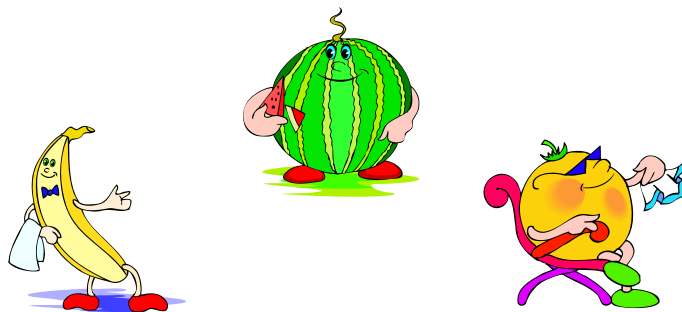
THE TWISTER WRAPS

Seared Chicken Twister	\$4.50
(Seared Chicken/lettuce/tomato/mayo)	
Sweet Chilli Chicken Twister	\$4.50
(Chilli tender/lettuce/tomato/mayo)	
Mexican Twister	\$4.50
(Seared Chicken/cheese/salsa/avocado/lettuce)	
Salad Twister	\$4.30
(Lettuce/tom/cucumber/beetroot/carrot)	
**Gluten Free Option available*	

SALAD BOXES

(lettuce, carrot, tomato, beetroot, cucumber, celery, Egg & cheese)

(GF) Salad (lge)	\$4.50
(GF) Salad (sml)	\$3.50
Chicken/Ham/Tuna Salad (lge)	\$5.00
Chicken/Ham/Tuna Salad (sml)	\$4.00
Caesar Salad	\$5.00
(chicken/lettuce/cheese/ham/mayo/egg)	
(GF) MINI SALAD BOX	\$3.50
(Carrot, celery, cucumber sticks/cheese)	
MINI SALAD BOX + 3 chick fingers	\$5.00



BURGERS

Chicken Burger	\$4.50
(Crumbed Chicken/lettuce & mayo)	
Hawaiian Burger	\$4.70
(Crumbed Chicken/lettuce/cheese/mayo/pineapple)	
Cheese Burger	\$4.40
(Beef patty/cheese/bbq or tomato sauce)	
OLR Burger	\$4.70
(Beef patty/cheese/tomato/beetroot/pineapple/ Lettuce/bbq or tomato sauce)	

HOT FOOD

Chicken Fingers (3per bag)	\$2.20
Large Pie (low fat)(175g)	\$3.50
Small Pie (low fat)(125g)	\$3.00
Sausage Roll (low fat)	\$3.00
(GF) Chicken Breast Nuggets ...	\$0.80 ^{ea}
TOMATO / BBQ SAUCE.....	\$0.30
(GF)Chicken Nacho's	\$5.00
(corn chips/chicken/salsa,cheese,avocado)	
(GF)Beef Nacho's (homemade)	\$5.00
(corn chips/beef/cheese/avocado dip)	
(GF) Plain Nacho's	\$5.00
Macaroni Cheese	\$4.50
(GF) Fried Rice	\$4.50
Twista Bolognese Pasta	\$4.50

DRINKS

Milk Flavoured 250ml	\$2.10
(Chocolate/Strawberry)	
Popper Juice	\$1.50
(Apple/OJ/Paradise Punch/Apple Blackcurrant)	
Water 600ml	\$1.50
Water 350ml	\$1.00

FRUIT & VEG

Curly Apple.....	\$0.50
Fruit Kebabs.....	\$0.50
Watermelon Wedges.....	\$0.50

FROZEN ITEMS

DO NOT PRE-ORDER

Quelch Sticks.....	\$1.00
½ Quelch Sticks.....	\$0.50
Juicie Tubes(Berry/Orange/Tropical/Lemonade)	\$1.00
TNT's (Blue/Red)	\$1.00
Blue Moosies	\$1.00
Frozen Yoghurt Cups (Strawberry).....	\$2.00

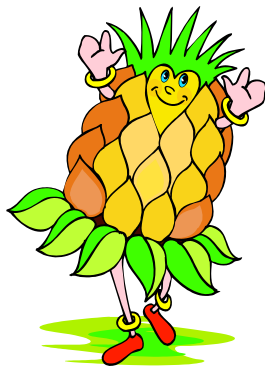
REMINDERS

THE CANTEEN WILL BE OPEN ON
MONDAY/WEDNESDAY & FRIDAYS

- * Parents are encouraged to use **Flexischools (flexischools.com.au)**
- * Correct Change is appreciated
- * Change will be taped to the child's lunch bag and given back with lunch order
- * Childs name & class must be clearly Written on a bag
- * Bags cost 20c from the canteen
- * **WHOLEMEAL BREAD IS USED UNLESS OTHERWISE STATED**
- * **ICE BLOCKS CANNOT BE PRE-ORDERED**
- * Recess items cannot be pre-ordered Unless there is an **



OUR LADY OF THE ROSARY SCHOOL CANTEEN AIMS TO SUPPLY OUR CHILDREN WITH A NUTRITIONAL VARIETY OF FOOD AND DRINKS THAT ARE LOW IN SALT, FAT AND SUGAR. WE ENGOURAGE OUR CHILDREN TO DRINK MILK AND WATER AND TO EAT PLENTY OF FRUIT.



HEALTHY
CANTEEN



The canteen provides an important service to pupils of the school. You can order by registering with flexischools. It cannot operate without the voluntary help of parents & grandparents. If you could spare some time to help in the canteen please

contact:

Stacey

0405 055 735



(flexischools.com.au).

THE CANTEEN MENU HAS BEEN DEVELOPED IN ACCORDANCE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY.

