

## HOT FOOD

### Burgers and Finger Food

Cheese Burger (with tomato or BBQ sauce)	\$4.50
Chicken Burger (with lettuce & mayo)	\$4.50
Vegetarian Burger (with lettuce & mayo)	\$4.20
Chicken Chilli Tenders, per piece	\$1.50
Chicken Chilli Tender Wrap	\$4.50

*With Sweet Chilli sauce*

Chicken Nuggets or Fish Fingers	
- 4 pack	\$2.70
- 6 pack	\$3.70
Corn Cobs	\$1.50
Garlic Bread	\$1.80
Hot Dog (with sauce) <i>Fridays only</i>	\$3.50

### Pasta and Bakes

Lasagne - Beef, Chicken	\$4.00
Macaroni & Cheese/Spaghetti Bolognese	\$4.00
Fantastic Noodles - Chicken, Oriental	\$3.00
Potato Bake	\$3.50
Butter Chicken & Rice (Nut Free)	\$4.00

### Pizzas

Cheese	\$3.50
Ham & Pineapple	\$3.50
Meatlovers	\$3.50



### Pies and Rolls

Junior Pie	\$2.20
Meat Pie	\$3.50
Chicken Pie	\$3.70
Potato Pie	\$3.70
Sausage Roll	\$2.70
Spinach & Ricotta Roll	\$2.70

### Vegetarian

Vegetarian Lasagne	\$3.50
Vegetarian Mini Spring Rolls, per piece	\$0.70

### Gluten Free

Gluten Free Lasagne - Beef	\$4.20
Gluten Free Beef Pie	\$4.50

### Extras

Sauce - Tomato, BBQ, Sweet & Sour, Mustard	\$0.50
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## DRINKS

### Bottled Water

Plain Water	600ml	\$2.20
Plain Water	750ml	\$3.20
Pump Berry Water	750ml	\$3.70
Pump Lemon Water	750ml	\$3.70
Pump Mango Water	750ml	\$3.70



### Juice

Pop Top - Apple	180ml	\$2.20
Pop Top - Orange	180ml	\$2.20

### Flavoured Milk

Chocolate Milk (Secondary only)	300ml	\$2.70
Strawberry Milk	300ml	\$2.70
Iced Coffee Milk	300ml	\$2.70
Banana Milk	300ml	\$2.70
Vanilla Malt	300ml	\$2.70

Strawberry Milk	600ml	\$3.70
Iced Coffee Milk	600ml	\$3.70
Banana Milk	600ml	\$3.70
Caramel Milk	600ml	\$3.70
Vanilla Malt	600ml	\$3.70

Up & Go - Chocolate	250ml	\$2.20
Up & Go - Strawberry	250ml	\$2.20
Up & Go - Vanilla	250ml	\$2.20
Up & Go - Banana	250ml	\$2.20
Up & Go - Caramel	250ml	\$2.20

### Cold Drinks

Quench - Apple/Raspberry	350ml	\$2.70
Quench - Lemon/Lime	350ml	\$2.70
Quench - Orange	350ml	\$2.70

Powerade - Blue (Sugar Free)	600ml	\$4.20
Powerade - Red (Sugar Free)	600ml	\$4.20
Powerade - Yellow (Sugar Free)	600ml	\$4.20

*Powerade is only available for Secondary students.*

Fuze - Lemon	350ml	\$3.70
Fuze - Peach	350ml	\$3.70

Waterfords - Passionfruit	500ml	\$3.70
Waterfords - Raspberry	500ml	\$3.70

*Waterfords drinks are only available for Secondary students.*

## SNACKS

### Healthy

Apples or seasonal Fresh Fruit	from \$1.70
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### Crisps

Mamee Noodles - Chicken	\$1.00
Mamee Noodles - BBQ	\$1.00

Plain Popcorn	\$1.70
JJ's Crackers - Chicken	\$1.70
JJ's Crackers - Burger	\$1.70



Red Rock Deli Chips - Honey Soy	\$1.70
Smiths - Salt & Vinegar	\$1.70

Gluten Free Snaps - Light & Tangy Salsa	\$1.70
Gluten Free Snaps - BBQ	\$1.70

### Ice Cream

Frozen Apple Juice Cup	\$1.20
Frozen Orange Juice Cup	\$1.20
Frozen Apple & Blackcurrant Juice Cup	\$1.20

Zooper Doopers	\$0.70
Icy Pole - Lemonade	\$1.80
Bulla Lite Ice Cream Cup - Vanilla	\$1.70

Twisted Frozen Yoghurt - Strawberry	\$2.50
Twisted Frozen Yoghurt - Mango	\$2.50
Twisted Frozen Yoghurt - Chocolate	\$2.50
Twisted Frozen Yoghurt - Raspberry & Coconut	\$2.50

*Wider range of ice cream available over the counter.*

## SANDWICHES

### Choice of Bread

White, Grain or Wholemeal

### Fillings

Vegemite, Jam or Honey	\$2.50
Cheese	\$2.50
Cheese & Tomato	\$2.50
Ham	\$3.00
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$3.50
Egg, Mayo & Lettuce or Egg & Mayo	\$3.50
Chicken or Chicken, Lettuce & Mayo	\$3.50
Salad	\$4.00
Cheese & Salad	\$4.50
Chicken & Salad	\$4.50
Tuna or Salmon	\$4.50
Ham & Salad	\$4.50



### Additional fillings

Tomato, carrot, beetroot, cucumber or lettuce	\$0.50
Cheese	\$0.50

*Salt and pepper can be added if requested.*

## WRAPS (on tortilla)

1. Salad	\$4.50
<i>Tomato, beetroot, lettuce, carrot, cucumber</i>	
2. Cheese/Salad	\$4.50
<i>Tomato, beetroot, lettuce, carrot, cucumber</i>	
3. Chicken/Salad	\$4.50
<i>Tomato, beetroot, lettuce, carrot, cucumber</i>	
4. Egg/Mayo/Salad	\$4.50
<i>Lettuce, carrot, beetroot, cucumber, tomato</i>	
5. Ham/Salad	\$4.50
<i>Beetroot, lettuce, carrot, cucumber, tomato</i>	
6. Tuna/Salad	\$4.50
<i>Tomato, beetroot, lettuce, carrot, cucumber</i>	

## SALADS

French or Italian dressing	\$0.50
Salad box	\$5.00
Salad box (with cheese or egg)	\$5.50
Chicken salad	\$5.50
Ham salad	\$5.50
Tuna salad	\$6.00

## Please Remember:

1. Lunch orders must be placed using Munch Monitor by 9:15am. Please respect this cut-off time and do not try to call to place a late manual order.
2. Sushi is available on Thursdays but must be pre-ordered on Wednesday via Munch Monitor.
3. Meals from home cannot be heated in the Canteen.
4. No credit will be given to students.
5. Forks and spoons are included in the cost of salads, lasagna, macaroni and spaghetti. Extra spoons and forks cost \$0.10 each.
6. If a student goes home before Lunch, only the cost of those items that can be re-sold will be refunded (e.g. drinks, chips).
7. Volunteer helpers are always welcome to help our Canteen run smoothly. If you are able to spare some time, please contact Mrs Pym via the office or email (canteen@rjas.nsw.edu.au).
8. Please note that to assist the Canteen operations, breakfast is not available on the first and last day of each Term.
9. Stock choices and prices may vary during the year.

# Canteen Menu

## 2020

