



Healthy Kids Canteen Menu

Roseville College

Term 3
2020

Order online at www.flexischools.com.au

Sandwiches

(On wholemeal. No white or spreads unless requested)

Vegemite (with margarine)	\$2.50
Cheese & tomato	\$4.30
Salad: lettuce, carrot, tomato, beetroot, cucumber	\$4.80
Egg, lettuce & mayo	\$4.50
Chicken & salad	\$5.80
Ham & salad	\$5.80

Wraps

(On wholemeal tortilla)

Salad	\$5.20
Chicken, lettuce & mayo	\$5.50
Sweet chilli chicken & lettuce	\$5.50
Chicken & salad	\$6.00
Ham & salad	\$6.00
Chicken Caesar	\$6.20

Toasted sandwiches

Cheese	\$4.00
Cheese & tomato	\$4.50
Chicken & cheese	\$4.80
Ham & cheese	\$4.80
Sweet chilli chicken ciabatta	\$6.60
Tandoori chicken ciabatta	\$6.60

Salads

Garden salad: Lettuce, carrot, tomato, cucumber & beetroot	\$5.50
Vietnamese noodle salad (chicken, veggie)	\$6.00
Caesar salad	\$6.50
Fresh fruit salad	\$5.30

Add extras to your sandwiches or salads!

Lettuce, beetroot, carrot, cucumber or tomato	\$0.60
Mayo or hummos	\$0.60
Rolls	\$1.00
Cheese, ham, chicken, egg or avocado	\$1.20

Snacks

Seasonal fresh fruit	\$1.50
Jelly cup	\$1.00
Jelly & fruit cup	\$1.50
Popcorn	\$1.00
Veggie sticks & hommus	\$2.00
Banana bread / Pear & raspberry bread	\$1.80
Rice paper rolls: 2 pack (chicken, veggie)	\$6.00
Cheese & crackers (Mainland light)	\$2.50

Daily specials

Monday: Italian

Pasta bolognese with spiral pasta	\$6.00
Side of garlic bread	\$3.00

Tuesday: Noodles

Pork and chive dumplings w rice noodles + greens	\$5.50
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Wednesday: Mexican

Nacho bowl (beef or veg)	\$6.50
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Thursday: Sushi

Assorted hand rolls (brown or white rice)	from \$4.00
Sushi boxes: small and large	from \$5.50

Friday: Fried rice

Chicken fried rice	\$5.80
Veggie fried rice	\$5.50

Other hot food

Chicken nuggets (3 pack)	\$2.00
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Drinks

Lite Oak milk (choc, strawberry): 250ml	\$3.00
Iced Coffee: 250ml	\$3.00
Water: 600ml	\$2.00
Mt Franklin water (plain, lemon, lime, berry)	\$2.50
Juice Bomb: lightly sparkling 99% fruit juice (apple, raspberry)	\$3.00
Harvey Fresh Juice: 250ml (apple blackcurrant)	\$2.50
Emma & Tom juice (apple, orange, karmarama, green power)	\$4.00
Smoothie (banana, berry)	\$4.50

Frozen

Quelch juicy sticks (orange, mango, tropical, apple, apple/blackcurrant)	\$0.70
Frozen juice cup (apple & blackcurrant)	\$1.50
Frozen fruit pieces	\$1.50
Bulla light ice cream tub	\$2.00
Bulla frozen yoghurt (mango)	\$2.50
Twisted frozen yoghurt (chocolate/vanilla, strawberry/vanilla, watermelon/mango)	\$2.80
Weis bars	\$2.50
Zip pop	\$1.00