



## Rouse Hill Public School CANTEEN MENU

The canteen aims to provide a selection of enjoyable and nutritious foods and drinks at a reasonable price for the children and staff of our school community.

All orders must be placed by 9.30am.

Rouse Hill Public School Canteen is run by the RHPS P&C, and is staffed by Canteen Supervisors and a group of dedicated volunteers.

If you have any questions, queries or comments (or can spare a couple of hours to help) please contact Donna, or Febrina on 8824 7330 or drop in at the Canteen anytime.

### LUNCH ORDER PROCEDURE:

Online Orders (Preferred Method)

- Lunch orders on Wednesday, Thursday and Friday must be placed through Flexischools.
- Online ordering is available. Simply log onto [www.flexischools.com.au](http://www.flexischools.com.au) and follow the prompts.
- Set up your account, add your child's name and class and start ordering.

### Paperbag Orders

- Paper bag orders should be on a suitably large paper bag. Please write your child's lunch order with NAME and CLASS clearly marked on the front of the bag.
- Please provide one bag for recess (marked RECESS) and one bag for lunch orders.
- Lunch bags and money are to be placed at the canteen by 9.30am.
- Recess orders are to be collected from the Canteen. Frozen items ordered are to be collected at the Canteen.



## OVER THE COUNTER

### DAILY RECESS SPECIALS \$1.00

#### SNACKS

Fruit – Apple Slinkie, Orange .....	\$1.20
Popcorn.....	\$1.00
Jelly Cups.....	80c
Koala Popcorn (sweet n salty, chicken) .....	\$1.00
Red Rock Deli Potato Chips (sea salt) .....	\$1.20
Mamee Noodle Snacks (chicken) .....	\$1.00
Cheese and Bacon Rolls.....	\$1.50

#### DRINKS - Recess & Lunch

Bottled Water - 600ml.....	\$1.50
Berri Juice – (100% Juice) 250ml.....	\$1.50
(Orange, Apple, Apple & Blackcurrant)	
Up & Go (Choc, Vanilla Ice).....	\$2.00
Flavoured Milk - (low fat) 300ml.....	\$2.00
(strawberry, Chocolate)	
Chill J.....	\$1.50
(Blackcurrant, Raspberry, Lemonade)	
Hot Chocolate .....	\$2.00

#### ICE BLOCKS & ICE CREAMS

Quelch Fruit Sticks.....	50c
Frozen Juice Cups .....	\$1.00
Juicies – (Lemonade/Wildberry) .....	\$1.00
Frozen Yoghurt.....	\$1.50
Bulla Vanilla Cup .....	\$1.00
Fruit Slush .....	\$2.00

Please note: Prices are subject to change without notice. Prices effective Term 1 2020.

## LUNCH ORDERS ONLY

### SANDWICHES & WRAPS

White, wholemeal or bread rolls available

Vegemite .....	\$2.30
Cheese .....	\$2.70
Cheese & Vegemite.....	\$2.90
Cheese & Tomato.....	\$3.20
Ham.....	\$3.20
Ham & Cheese .....	\$3.70
Ham, Cheese & Tomato .....	\$4.20
Ham & Salad .....	\$4.80
Salad .....	\$3.80
Tuna.....	\$4.20
Tuna & Salad .....	\$4.80
Chicken .....	\$3.70
Chicken & Mayonnaise.....	\$3.80
Chicken & Salad.....	\$5.30
Hot Chicken Tenders, Lettuce & Mayo .....	\$4.80
Hot Chilli Chicken Tenders with lettuce & Mayo.....	\$4.80
Egg & Mayonnaise .....	\$3.00
Egg, Lettuce & Mayonnaise .....	\$3.50
<b>Extras:</b>	
Toasted Sandwich.....	20c
Lettuce, Carrot, Tomato or Cheese .....	50c each
Mayonnaise .....	20c
Tomato Sauce .....	20c
Sweet Chilli Sauce .....	20c

### SALAD BOXES

Mini Salad Tub.....	\$2.50
(Lettuce, tomato, cucumber, carrot)	
Salad Box.....	\$5.50
(Lettuce, Tomato, Cucumber, Beetroot, Carrot, Pineapple, Corn, Cheese)	
Egg & Salad Box .....	\$6.00
Tuna & Salad Box.....	\$6.00
Ham & Salad Box .....	\$6.50
Chicken & Salad Box .....	\$6.50
Caesar Salad.....	\$6.50
Chicken Caesar Salad .....	\$7.00
Salad Dressing .....	20c

v - vegetarian

### HOT FOOD

Beef Burger .....	\$3.60
Chicken Burger .....	\$3.60
Chicken Nuggets (4).....	\$2.00
Hot Dog .....	\$2.30
Hot Dog with Sauce .....	\$2.50
Hot Dog with Cheese.....	\$2.50
Junior Pie & Meat Pie.....	\$2.20 / \$3.20
Steak and Potato Pie .....	\$3.20
Lasagne.....	\$3.30
Twista Pasta Bolognese.....	\$3.30
Macaroni & Cheese (v) .....	\$3.30
Noodle Cups (Chicken, Beef).....	\$2.20
Sausage Roll .....	\$2.20
<b>Extras:</b>	
Tomato Sauce .....	20c
BBQ.....	20c
Sweet Chilli.....	30c
Sweet & Sour Sauce .....	30c



### SUSHI

WEDNESDAY, THURSDAY & FRIDAY ONLY

Rice Paper Rolls .....	\$2.50
(chicken, tuna and vegetable)	
Chicken Teriyaki & Avocado.....	\$3.50
Sweet Chilli Chicken & Avocado .....	\$3.50
Beef Teriyaki & Cucumber.....	\$3.50
Tuna & Avocado .....	\$3.50
Tuna & Cucumber .....	\$3.50
Vegetable (v) (Avocado or Cucumber).....	\$3.50
Californian Roll.....	\$3.50
Mini Combi Sushi Roll Box .....	\$5.50
(Tuna, Cucumber, Carrot)	
Mini Avocado Sushi Roll Box.....	\$5.50
Mini Cucumber Sushi Roll Box .....	\$5.50