

*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 recess specials and lunch orders must be placed by 9.25 am via Spriggy Schools**

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 AJ or Febrina on 8824 7330 or drop in at the Canteen anytime.

## RECESS AND LUNCH ORDER PROCEDURE:

- All recess and lunch orders must be placed through Spriggy Schools.
- If you need to cancel an order before 9.25 am please contact the Canteen to let them know of the cancellation
- Log onto [www.spriggyschools.com.au](http://www.spriggyschools.com.au) and follow the prompts.
- Set up your account, add your child's name and class and start ordering.

H – Halal  
GF – Gluten Free  
V – Vegetarian

**Please note: Prices are subject to change without notice.**

**Prices effective Term 1 2025**

## OVER THE COUNTER

### Daily Recess specials from \$1.00

#### SNACKS

Fruit – Apple Slinkie, Orange .....	\$1.50
Popcorn.....	\$1.00
Jelly Cups .....	\$1.00
Red Rock Deli Potato Chips (Sea Salt) .....	\$1.20
Mamee Noodle Snacks (Chicken, BBQ) (H).....	\$1.00
Cheese and Bacon Rolls .....	\$1.80

#### DRINKS – RECESS AND LUNCH

Bottled Water – 600 ml .....	\$1.50
Up & Go (Choc, Vanilla Ice) .....	\$2.00
Flavoured Milk – 300 ml	
(Strawberry, Chocolate) .....	\$2.30
Chill J (Blackcurrant, Lemonade, Raspberry) ..	\$1.60
Juice Poppers (Apple, Apple & Blackcurrant	
& Paradise Punch) .....	\$1.20
Hot Chocolate .....	\$2.00

#### ICE BLOCKS & ICE CREAMS

Quelch Fruit Stocks .....	\$0.50
Frozen Juice Cups (Apple,	
Apple & Blackcurrant) .....	\$1.00
Juicies (Orange, Lemonade, Tropical) .....	\$1.00
Frozen Yoghurt .....	\$1.50
Bulla Vanilla Ice Cream Cup .....	\$1.50
Fruit Slush .....	\$2.00

## LUNCH ORDERS ONLY

### SANDWICHES & WRAPS

*White, wholemeal or bread rolls available*

Vegetemite .....	\$3.00
Cheese (from) .....	\$3.70
Egg (from) .....	\$4.00
Ham (from) .....	\$4.40
Salad .....	\$5.00
Tuna (from) .....	\$5.00
Chicken (from).....	\$5.00
Hot Chicken Tenders, Mayo from .....	\$6.00
Hot Chilli Chicken Tenders Mayo from.....	\$6.00

#### Extras:

Toasted Sandwich.....	\$0.25
Lettuce, Carrot, Beetroot, Tomato .....	\$0.50 ea
Cheese .....	\$0.80
Mayonnaise .....	\$0.30
Tomato Sauce.....	\$0.30
BBQ Sauce.....	\$0.40
Sweet Chilli Sauce.....	\$0.40
Sweet & Sour Sauce .....	\$0.40

### SALAD BOXES

Mini Salad Tub (Lettuce, Tomato,	
Cucumber, Carrot) .....	\$3.50
Salad Box (Lettuce, Tomato, Cucumber,	
Beetroot, Carrot, Corn, Cheese) .....	\$6.50
Egg & Salad Box .....	\$7.50
Tuna & Salad Box .....	\$8.00
Ham & Salad Box .....	\$8.00
Chicken & Salad Box .....	\$8.00
Salad Dressing .....	\$0.40

### HOT FOOD

Beef Burger (H) (from) .....	\$4.50
Chicken Burger (H) (from).....	\$4.50
Vege Burger (V) (from) .....	\$4.50
Chicken Nuggets (4) (H) .....	\$2.30
Hot Dog (from) .....	\$3.00
Junior Pie (H).....	\$2.60
Meat Pie (H) .....	\$3.70
Chicken Mornay Pie (H) .....	\$3.80
Sausage Roll (H) .....	\$2.70
Lasagne .....	\$4.00
Vegetarian Lasagne (V) .....	\$4.20
Butter Chicken & Rice (GF) .....	\$4.50
Macaroni & Cheese (V) .....	\$4.00
Noodle Cups (Chicken, Beef) (H) .....	\$3.00

#### Extras:

Tomato Sauce .....	\$0.30
BBQ Sauce .....	\$0.40
Sweet Chilli Sauce .....	\$0.40
Sweet & Sour Sauce .....	\$0.40
Mayonnaise .....	\$0.30

### SUSHI

**WEDNESDAY, THURSDAY, FRIDAY ONLY**

Rice Paper Rolls (Chicken, Tuna	
and Vegetable) .....	\$3.20
Chicken Teriyaki & Avocado .....	\$4.20
Chicken Katsu & Avocado .....	\$4.20
Chicken Katsu & Cucumber .....	\$4.20
Sweet Chilli Chicken & Avocado .....	\$4.20
Beef Teriyaki & Cucumber .....	\$4.20
Tuna & Avocado .....	\$4.20
Tuna & Cucumber .....	\$4.20
Vegetable (V) (Avocado or Cucumber) .....	\$4.20
Californian Roll .....	\$4.20
Mini Combi Sushi Roll Box (Tuna,	
Cucumber, Carrot) .....	\$6.20
Mini Avocado Sushi Roll Box .....	\$6.20
Mini Cucumber Sushi Roll Box .....	\$6.20

ALL  
salad and  
sandwiches  
made fresh  
daily

DELIVERED  
FRESH ON  
THE DAY

