



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.
- Log onto 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 2024

OVER THE COUNTER

Daily Recess specials \$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	\$1.70

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)	\$1.00
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)	\$1.10
Frozen Yoghurt	\$1.60
Bulla Vanilla Ice Cream Cup	\$1.10
Fruit Slush	\$2.00

LUNCH ORDERS ONLY

SANDWICHES & WRAPS

White, wholemeal or bread rolls available

Vegetemite	\$2.75
Cheese (from)	\$3.25
Ham (from)	\$3.75
Salad	\$4.55
Tuna (from)	\$4.75
Chicken (from).....	\$4.25
Hot Chicken Tenders, Lettuce & Mayo	\$5.50
Hot Chilli Chicken Tenders with Lettuce & Mayo	\$5.60
Egg (from)	\$3.55

Extras:

Toasted Sandwich.....	\$0.25
Lettuce, Carrot, Beetroot, Tomato or Cheese	\$0.60 ea
Mayonnaise	\$0.30
Tomato Sauce.....	\$0.30
BBQ Sauce.....	\$0.30
Sweet Chilli Sauce.....	\$0.40
Sweet & Sour Sauce	\$0.40

SALAD BOXES

Mini Salad Tub (Lettuce, Tomato, Cucumber, Carrot)	\$3.10
Salad Box (Lettuce, Tomato, Cucumber, Beetroot, Carrot, Corn, Cheese)	\$6.35
Egg & Salad Box	\$6.85
Tuna & Salad Box	\$7.35
Ham & Salad Box	\$7.35
Chicken & Salad Box	\$7.35
Caesar Salad	\$7.35
Chicken Caesar Salad	\$8.35
Salad Dressing	\$0.35

HOT FOOD

Beef Burger (H) (from)	\$4.00
Chicken Burger (H) (from).....	\$4.00
Vege Burger (V) (from)	\$4.00
Chicken Nuggets (4) (H)	\$2.10
Hot Dog (from)	\$2.70
Junior Pie (H).....	\$2.55
Meat Pie (H)	\$3.55
Chicken Mornay Pie (H)	\$3.55
Sausage Roll (H)	\$2.55
Lasagne	\$3.75
Vegetarian Lasagne (V)	\$3.75
Butter Chicken & Rice (GF)	\$3.75
Macaroni & Cheese (V)	\$3.75
Noodle Cups (Chicken, Beef) (H)	\$2.55

Extras:

Tomato Sauce	\$0.30
BBQ Sauce	\$0.30
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)	\$3.15
Chicken Teriyaki & Avocado	\$4.05
Sweet Chilli Chicken & Avocado	\$4.05
Beef Teriyaki & Cucumber	\$4.05
Tuna & Avocado	\$4.05
Tuna & Cucumber	\$4.05
Vegetable (V) (Avocado or Cucumber)	\$4.05
Californian Roll	\$4.05
Katzu Chicken & Avocado	\$4.05
Katzu Chicken & Cucumber	\$4.05
Mini Combi Sushi Roll Box (Tuna, Cucumber, Carrot)	\$6.15
Mini Avocado Sushi Roll Box	\$6.15
Mini Cucumber Sushi Roll Box	\$6.15



