



RICHMOND PUBLIC SCHOOL

HUNGER BUSTER CANTEEN

SUMMER MENU TERM 1, 2019

RECESS AND LUNCH ITEMS (ALL hot food, salads & vegie sticks MUST be pre-ordered)

HOT FOOD

Tomato or BBQ sauce.....	\$0.20
Corn Cob {GF, V}.....	\$0.50
Garlic Bun.....	\$1.50
Cheese and Bacon Roll.....	\$2.00
Chicken Breast Fingers (3).....	\$2.00
Nuggets (3) {GF}.....	\$2.00
Sausage Roll.....	\$3.00
Party Pies (2).....	\$2.00
Meat Pie.....	\$3.80
Pizza-Cheese & Bacon, Ham & Pineapple.....	\$2.60
Hot Noodle Cup-Chicken, Beef, Oriental.....	\$2.60
Fried Rice.....	\$3.60
Beef Lasagne.....	\$3.60
Macaroni Cheese Pasta.....	\$3.60
Beef Ravioli- tomato passata and cheese.....	\$3.60
Chicken Burger with carrot, lettuce & mayo...	\$3.60
Add cheese for an extra.....	\$0.50
Beef Burger with carrot, lettuce, tomato & tomato/BBQ sauce.....	\$3.60
Add cheese for an extra.....	\$0.50

SANDWICHES AND WRAPS

Vegemite, Honey or Jam.....	\$1.00
Baked Beans.....	\$2.00
Ham.....	\$2.00
Cheese.....	\$1.50
Ham & Cheese.....	\$2.50
Egg, Lettuce & Mayo.....	\$2.50
Tuna, Lettuce & Mayo.....	\$2.50
Chicken Rice Paper Rolls (2) {GF} (Chicken Breast, Lettuce, Carrot, Avocado, Mayonnaise).....	\$4.00
Salad (lettuce, tomato, cucumber, carrot).....	\$2.50
Add ham or egg for an extra.....	\$1.00
Add tuna for an extra.....	\$1.50
Add cheese for an extra	\$0.50
Add mayo or sauce for an extra.....	\$0.20

Want your sandwich toasted or Jaffle?

Add \$0.50

Make any sandwich a wrap just add \$0.50

Low GI, High Fibre bread is used for all sandwiches

SALADS

Salad Bowl- lettuce, tomato, carrot, cucumber, with French or Balsamic dressing.....	\$4.00
Add tuna.....	\$1.50
Add egg or ham.....	\$1.00
Add cheese.....	\$0.50
Vegie Sticks (4).....	\$0.20 add Hommus
	\$0.10

OPEN Monday, Wednesday and Friday

The canteen is run totally by parent volunteers and all money made goes back to supporting our school.

If you can volunteer or have any suggestions, please contact richmondpscanteen@gmail.com

Items highlighted in Green are Healthy choice items

GF – Gluten Free LF – Low Fat V – Vegetarian S – Contains Soy



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SNACKS

Piece of fruit - Apple, Apple Slinky, Orange, Banana..	\$0.60
Popcorn.....	\$0.10
Sultanas.....	\$0.10
Muffin.....	\$0.80
Anzac Biscuit.....	\$0.20
Crackers (3)-rice or Jatz.....	\$0.20
Add hommus.....	\$0.10
Add cheese.....	\$0.40
Jelly cup (100ml).....	\$0.80
Jelly and Custard.....	\$1.80
Custard (100ml).....	\$1.00
Jumpys- Chicken, S&V,	\$1.00
Red Rock Chips - Chicken, Plain is Gluten Free.....	\$1.50
Rice Cake {GF} with cheese.....	\$1.00
Vaalja Yoghurt LF Strawberry & Raspberry (160g).	\$2.20
Vegie Sticks (4) {GF, V}.....	\$0.20
Add Hommus	\$0.10

FROZEN

Frozen Watermelon Wedge.....	\$0.10
Milky Pop or Juice Pop.....	\$0.20
Jelly Joy.....	\$0.30
Sunny Boy – Choc, Lemonade, Cola.....	\$0.80
Vanilla Cup.....	\$1.20
Paddle Pop - Chocolate, rainbow.....	\$1.60
Shaky Shake.....	\$2.20

DRINKS

Small Water (355ml).....	\$1.20
Large Water (600ml).....	\$1.60
Plain Milk.....	\$1.30
Oak Milk (300ml) Chocolate or Strawberry.....	\$1.80
Oak Milk (300ml) Banana Light.....	\$1.80
So Good (Soy) Plain Milk.....	\$1.80
Daily Juice 99% No Added Sugar Orange, Apple or Apple Blackcurrant.....	\$1.80
Slushies 99% Fruit Juice No Added Sugar...	\$2.00
Hot Chocolate (Pre-order only).....	\$1.00

Our preferred ordering process is online via the 'Flexischools' app. Please see the office for more information

If you still need to order using a paper bag – please follow below;

- Please clearly mark your child's name, class and order on a paper bag.
- Please try to provide the correct money (where necessary change will be given)
- A **separate bag** is required for recess and lunch orders.
- Bags can be supplied by the canteen at a cost of 10c each bag.

Thank you to Bakers Delight
Richmond Mall for their donations.