

CANTEEN MENU 2014

Regents Park Public School - TERM 4

BREAKFAST

Raisin Toast (V)	\$ 1.50
Toast with (Jam, Honey, Vegemite OR Butter) (V)	\$ 1.00
Fruit Yoghurt Cup	\$ 2.00
Fruit Salad Cup	\$ 1.80

SANDWICHES OR WRAPS

Vegemite, Honey or Jam (V)	\$ 1.50
Ham and Cheese	\$ 2.00
Lettuce, Ham & Tomato	\$ 2.20
Mashed Egg, Lettuce & Mayo (V)	\$ 3.00
Cheese (V) (H)	\$ 1.80
Ham, Cheese & Tomato (Toasted)	\$ 3.00
Salad Sandwich (lettuce, cheese, tomato, carrot, onion) (V)	\$ 3.00
Tuna & Salad (V)	\$ 2.50

Extras -

Cheese (V) (H)	\$ 0.50
Chicken/Tuna/Ham/Avocado	\$ 1.00
Wrap	\$ 1.00
Lunch Bag	\$ 0.10
Tomato Sauce Peel Top Portion	\$ 0.20

SALADS

Caesar Salad	\$ 4.00
Garden Salad	\$ 3.50
Greek Salad	\$ 4.00
Add Meats \$1 extra	

HOT FOOD - Pasta, Pies, Sausage Rolls, Rice, Chicken

Cheesy Pasta	\$ 3.00
Homemade Napolitano Pasta (H)	\$ 3.00
Homemade Beef Lasagna	\$ 3.00
Steamed Rice with Vegetables (V)	\$ 2.50
Steam Rice, Vegetable & Chicken (H)	\$ 3.50
Beef Pie (H)	\$ 3.50
Sausage Roll (H)	\$ 3.50
6 Pack Chicken Nuggets with Sauce (H)	\$ 3.00
Sweet Chilli Chicken Tender Strips (H)	\$ 3.50
Chicken & Corn Roll (H)	\$ 2.00
Cup Noodles - Oriental or Chicken	\$ 2.50
Hot Dog (Chicken) with Tomato Sauce/Mustard (H)	\$ 3.30
Pizza Roundas	\$ 2.50

(V) VEGETARIAN . (H) HALAL supplier certified

COLD DRINKS

Original Springs Water 600ml	\$ 1.50
LOL Sparkling Juice (Assorted Flavours)	\$ 2.20
Orchy Juice (Apple/Orange) 350ml	\$ 2.00
Orchy Pop Tops	\$ 2.00
Fruit Smoothie	\$ 2.20
Sports Water 350ml (Orange Pine/Fruit Mix)	\$ 2.00
Flavoured Water 350ml (Blue Heaven/Apple Raspberry)	\$ 2.00
Iced Tea 250ml (Lemon)	\$ 2.50

MILK DRINKS

OAK Flavoured Milk (Chocolate/Strawberry) 300ml	\$ 2.20
Up & Go 250mls	\$ 2.00

SNACKS

Red Rock Sea Salt Chips 28g	\$ 1.20
Smiths Salt & Vinegar Chips 28g	\$ 1.20
JJ's Snacks - Chicken 30g	\$ 1.20
Mamee Noodle Snacks 25g	\$ 1.00
Koala Popcorn 25g	\$ 1.20
Corn on the Cob (V)	\$ 1.50
GO! Cookie 33g Choc Chip	\$ 1.00
Eucalyptus Drops	\$ 1.00

FREEZER

Zooper Dooper Ice Sticks 70ml	\$ 0.80
Sunnyboy Cola 150ml	\$ 1.00
Mini Gelato Cups 100ml (Chocolate/Strawberry) (H)	\$ 2.00
Paddle Pops	\$ 1.50
Frozen Yoghurt	\$ 2.00

DAILY SPECIALS

MONDAY

Crumbed Chicken Burger with Water 600ml (H)	\$ 5.00
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TUESDAY

Nachos with Water 600ml ((V) available)	\$ 5.00
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WEDNESDAY

Sushi Roll 100g (Vegetarian or Tuna) with Water 600ml (V)	\$ 5.00
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THURSDAY

Fried Rice with Water 600ml (V)	\$ 5.00
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FRIDAY

Pizza Stone Baked Supreme/Hawaiian/ Margherita (H) with Water 600ml	\$ 5.00
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