



CANTEEN MENU



Prepared for:

Mount Ridley College

Grade 5 to 12

The Healthy Choices...

Sandwiches

Choose a wholemeal, multi-grain, rye or white sandwich with a selection of fillings including:

Toasted	0.20
Ham, Tuna or Plain Salad	3.00
Roasted Skinless Chicken	3.00
Cheese	2.50
Vegemite	2.00
Tomato	2.00
Cheese & Tomato	2.70
Cheese & Vegemite	2.70
Egg & Lettuce	3.00
Ham & Cheese	3.50
Ham, Cheese & Tomato	3.70
Chicken, Lettuce & Mayo	3.90
Ham & Salad	4.20
Tuna & Salad	4.20
Chicken & Salad	4.20
Roll or Wrap (additional)	0.50

Healthy Choice Snacks...

Variety of Homemade Cakes, Slices and Muffins	
Jelly Cups	1.50
Fresh Fruit	1.00
Carrot and Cucumber Sticks	1.20
Choc Chip Cookie (Mini)	1.00
Choc Chip Cookie Large	2.00
Popcorn, JJs Snacks and Red Rock Snacks	1.20
Homemade Fruit Salad	3.50

Drinks and Frozen Treats...

Water	2.50
Quench Drinks	2.00
Fruit Box	2.00
Milk (Chocolate or Strawberry)	2.00
Focus Sports Water	2.00
Slush Puppie	2.00
Ice Cream Cups	1.50
Moosies	1.20
Paddlepops	1.50
Callipos	1.00
Icy Twists	1.00
Juicies	1.00

Salads

Variety Rotating on a Daily Basis
Pasta, Rice, Tossed Salad, Potato, Coleslaw 3.50

Recess

Pastizzi Spinach and Ricotta	1.00
Oven Baked Hash Browns	1.00
Egg and Bacon Rolls/Muffins	4.00
Chicken Garlic Balls	1.50

Daily Home Style Meals

Changing on a Daily Basis

Quiche	
Lasagne	
Stir Fries	
Fried Rice	
Casseroles	
Roast of the Day	
Hokkien Noodles	
Baked/Scalloped Potato	
Meat and Vegetarian Pastas	
	Small 3.50
	Large 5.00

Light Snacks available Recess and Lunch

Dim Sim (steamed)	1.00
Oven Baked Wedges	3.50
Hot Dog (low fat)	3.50
Hot Dog with Cheese	3.70
Meat Pie light	3.50
Sausage Roll	3.50
Chicken Burger with Lettuce & Mayo	4.50
Beef Burgers	5.00
Homemade Pizza Slices	2.00
Sweet Chilli Chicken Strip Roll	4.00
Nachos	3.50
Chicken Schnitzel Rolls	5.00
Lamb or Chicken Souvlaki	5.00

Prices include GST and are subject to change

