



CANTEEN MENU



Prepared for:

Mount Ridley College

Prep - 4

The Healthy Choices...

Sandwiches

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

- Toasted
- Ham, Tuna or Plain Salad
- Roasted Skinless Chicken
- Cheese
- Vegemite
- Tomato
- Cheese & Tomato
- Cheese & Vegemite
- Egg & Lettuce
- Ham & Cheese
- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayo
- Ham & Salad
- Tuna & Salad
- Chicken & Salad

Roll or Wrap (additional)

Healthy Choice Snacks...

- Jelly Cups
- Fresh Fruit
- Carrot and Cucumber Sticks
- Homemade Mini Muffin
- Choc Chip Cookie (Mini)
- Choc Chip Cookie Large
- Popcorn, JJs Snacks and Red Rock Snacks
- Fruit Salad
- Boiled Egg

Drinks and Frozen Treats...

- Water
- Quench Drinks
- Fruit Box
- Milk (Chocolate or Strawberry)
- Focus Sports Water
- Slush Puppie
- Ice Cream Cups
- Moosies
- Paddlepops
- Callipos
- Icy Twists
- Frozen Yoghurt Strawberry or Mango
- Zing Yoghurt Bars

Jaffles

Baked Beans or Spaghetti 3.50

Good Warmed Options

- 0.20
- 3.00
- 3.00
- 2.50
- 2.00
- 2.00
- 2.70
- 2.70
- 3.00
- 3.50
- 3.70
- 3.90
- 4.20
- 4.20
- 4.20
- 0.50

- Alternate Warmed Selection...*
- Dinosnacks (3) 3.00
- Dinosnacks (6) 5.00
- 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
- Party Pie 1.10
- Sweet Chilli Chicken Wrap 4.00
- Nachos 3.50

Sundries...

- 1.20
- 2.00
- 1.00

Prices include GST and are subject to change

