

## Recess Menu

These items are available at recess only.  
Please write your recess order on a separate bag.

Banana bread .....	\$2.50
Biscuits & Cheese .....	\$3.00
<i>with carrot sticks</i>	
Chicken & corn roll.....	\$2.00
Corn on the cob – <i>FRESH</i> .....	\$1.50
Carrot & Celery sticks .....	\$2.00
Hot Rolls (Large)	
Ham, Cheese & Pineapple.....	\$5.40
Ham & Cheese .....	\$4.60
Cheese.....	\$2.40
Hot Rolls (Small)	
Ham & Cheese .....	\$2.00
Cheese.....	\$1.30
Raisin Toast -	
2 slices, buttered, no peel.....	\$2.50
Spring Rolls - <i>vegetarian</i> .....	70c each

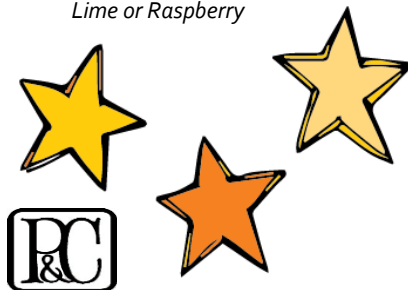
## From the freezer

Frozen items are available over the counter only. No frozen items on your lunch order bag please.

Callipo - <i>raspberry</i> .....	\$1.00
Frozen yoghurt – <i>strawb/ choc</i> .....	\$2.00
Shaky Shake .....	\$2.00
Icy twist - lemonade.....	\$1.00
Juice tube (full tube) .....	40c
Juice tube (half tube).....	20c
Paddlepop .....	\$1.50

*Banana, chocolate, rainbow*

*Lime or Raspberry*



# REPS Canteen

## Winter Menu

## Term 2 2018

Order online at [flexischools.com.au](http://flexischools.com.au)

Online ordering is now available and is very easy. Simply go to [flexischools.com.au](http://flexischools.com.au) and follow the prompts. You can order up until 9.00am on the day of the order. It is a very efficient and easy way of ordering your children's lunch.

### We are building a Green Rated Canteen

Your canteen menu is getting better and better. We are committed to building a healthier canteen, based on the NSW Public Schools Canteen Menu Planning Guide. As we improve our menu, all feedback and suggestions are very welcome.

### We can't do it without you

Our canteen is an important part of our school community, and only possible thanks to the help of our volunteers.

If you haven't yet, please consider how you can help.

**For more information, please contact:**

Canteen Manager - Lisa O'Brien & Tonya Silsby: 9878 2952

[rydeastcanteen@gmail.com](mailto:rydeastcanteen@gmail.com)



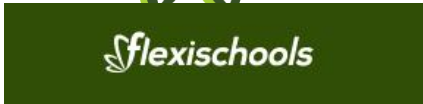
**Your canteen is open Monday, Wednesday and Friday.**

Recess: 11:15am – 11:35am, Lunch 1:05pm – 2:00pm



Online ordering is now available and is very easy.

Simply go to [flexischools.com.au](http://flexischools.com.au) and follow the prompts.



## Weekday Specials

### Wednesday Sushi

Fresh sushi roll ..... \$3.00 each

Available on Wednesdays only and made to order. Your choice of Tuna, Teriyaki Chicken, Cucumber or Avocado.



### Friday PSSA & Environmental

Available on Fridays only. All orders must be in before 9.15am. All PSSA and Environmental students are able to order from the entire menu. Please ensure you clearly write **PSSA/Enviro Order** clearly on the bag and remember to pick up your sports lunch order at recess.

### Jaffles/Brevilles

Cheese ..... \$2.20  
Ham ..... \$3.80  
Ham & Cheese ..... \$4.40  
Ham, cheese & pineapple ..... \$5.00  
Ham, cheese & tomato ..... \$5.00

## Fresh Wraps, Rolls & Sandwiches

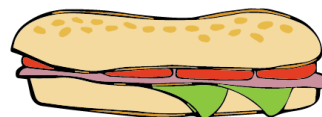
Create your own.  
Start by choosing your bread:

Wholemeal bread ..... \$1.50  
White roll ..... \$1.50  
Lebanese bread wrap ..... \$1.50

Then add your fillings. Don't forget to add the cost of the filling to the bread:

Salad ..... \$4.00  
Roast chicken ..... \$2.50  
Ham ..... \$2.50  
Tuna ..... \$2.50  
Curried or plain egg ..... \$1.00  
Tomato, lettuce, carrot ..... 80c each  
Cucumber, beetroot ..... 80c each  
Cheese, pineapple ..... 80c each  
Vegemite ..... 20c  
Mayo or tomato sauce ..... 20c each

### Fresh Subs



Fresh, sub-long bread roll with your choice of filling:

Roast Chicken  
with lettuce & mayo ..... \$4.80  
Ham with tasty cheese & tomato ..... \$4.80  
Meatballs with lettuce, cheese  
tomato & tomato sauce ..... \$5.40  
Sweet Chili Chicken Breast Tenders  
with lettuce & mayo ..... \$4.80

## Hot Food

Borito  
With mince, tom, cheese, lettuce ..... \$5.60  
Chicken breast burger  
with lettuce & mayo ..... \$4.50  
Chicken breast nuggets  
gluten free ..... 60c each  
Chicken breast patty -  
oven roasted ..... \$2.00  
Chicken & corn roll ..... \$2.20  
Corn on the cob - fresh ..... \$1.50  
Fish - crumbed & oven roasted ..... \$2.00  
Fried Rice ..... \$4.50  
Hamburger with cheese, lettuce,  
tomato & sauce ..... \$4.50  
Hash Brown Triangle ..... 60c each  
Hot Dog ..... \$2.30  
Hot Dog with sauce ..... \$2.50  
Macaroni & Cheese ..... \$4.50  
Noodles - chicken flavour ..... \$3.00  
Pasta Twirls with Bolognaise ..... \$4.50  
Pie - beef cruiser pie ..... \$3.80  
Pizza Slab - ham & pineapple ..... \$3.50  
- Margherita ..... \$3.50  
Sausage Roll ..... \$2.50  
Spring Rolls - vegetarian ..... 70c each  
Sweet Chili Breast Tenders ..... \$1.30  
Tuna Corn Pasta Bake ..... \$4.50  
Tomato sauce sachet ..... 20c

## Snacks



Apple slinky - red or green ..... \$1.00c  
or slinky your own apple ..... 20c  
Chips - Red Rock Deli  
plain or honey soy ..... \$1.20  
Choc Chip Cookies ..... \$1.00  
Gingerbread Cookie ..... \$1.50  
Grain waves ..... \$1.20  
Delites ..... \$1.00  
Pikelets - fresh and  
homemade daily ..... 10c each  
Popcorn - plain or honey soy chicken ..... \$1.00  
Pretzels ..... \$1.00  
Yoghurt Frogs - gluten free ..... 5 for 50c



## Drinks

Juice popper - 100% juice ..... \$2.20  
Apple, orange or tropical  
Milk ..... \$2.20  
Chocolate, strawberry or plain  
Mineral water ..... \$2.80  
Lemon lime, orange or  
apple raspberry  
Up & Go ..... \$2.50  
Chocolate or vanilla  
Water - Plain bottled water ..... \$2.20  
Hot milo ..... \$2.50