

Recess Menu

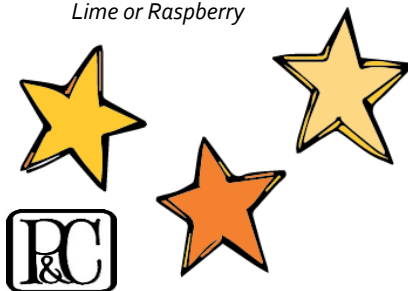
These items are available at recess only. Please write your recess order on a separate bag.

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 -	
<i>2 slices, buttered, no peel</i>	\$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
<i>Banana, chocolate, rainbow</i>	
Slushie.....	\$1.00
<i>Lime or Raspberry</i>	



REPS Canteen

Summer Menu

Term 1 2018

Order online at flexischools.com.au

Online ordering is now available and is very easy. Simply go to flexischools.com.au and follow the prompts. You can order up until 8:45am 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: 9878 2952
rydeastcanteen@gmail.com or kelly.centellas@gmail.com



Your canteen is open Monday, Wednesday and Friday.

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



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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

Available on Fridays only.
All PSSA students are able to order from the entire menu. Please ensure you clearly write **PSSA Order** clearly on the bag and remember to pick up your sports pack 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

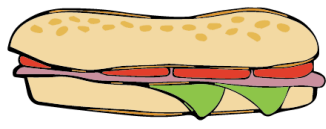
Create your own.
Start by choosing your bread:

- 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, carrot80c each
- Cucumber, beetroot.....80c each
- Cheese, pineapple80c each
- Vegemite 20c
- Mayo or tomato sauce20c each

Fresh Subs



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

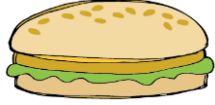
- Roast Chicken
with lettuce & mayo\$4.80
- Ham with tasty cheese & tomato.....\$4.80
- Meatballs with lettuce, cheese
tomato & tomato sauce.....\$5.40
- Sweet Chili Chicken Breast Tenders
with lettuce & mayo\$4.80

Fresh for Summer

Perfect for the warmer weather.

- Fresh Mixed Salad
with cheese & french dressing\$4.90
- Tuna, Pasta, Corn & Lettuce Salad
with dressing\$4.50

Hot Food

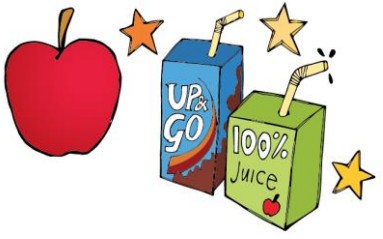


- Borito
With mince, tom, cheese, lettuce.....\$5.60
- Chicken breast burger
with lettuce & mayo.....\$4.50
- Chicken breast nuggets
gluten free60c each
- Chicken breast patty -
oven roasted.....\$2.00
- Chicken & corn roll\$2.20
- Corn on the cob - fresh.....\$1.50
- Fish - crumbed & oven roasted\$2.00
- Hamburger with cheese, lettuce,
tomato & sauce\$4.50
- 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 - vegetarian70c each
- Sweet Chili Breast Tenders\$1.30
- Tomato sauce sachet..... 20c

Snacks



- Apple slinky - red or green\$1.00c
or slinky your own apple20c
- 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
- Monster Munchies
Chicken or Cheese.....\$1.00
- Pikelets - fresh and
homemade daily10c each
- Popcorn - plain or chicken.....\$1.00
- Pretzels\$1.00
- Yoghurt Frogs - gluten free5 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