

Holy Rosary Canteen's Winter Menu 2017

Products can change their ingredients without notice – to avoid this affecting your child please place any dietary requirements on lunch

bag in BOLD RED PEN

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The canteen is very happy to be flexible with dietary needs.

Celiac Safe Food

Products with preservatives and colouring that should be avoided

Morning Recess

Honey Joys	.40	Cheesies	1.20	Pumpkin Scones	1.00
Pikelets	.50	Nachos	2.40	Mini Ham + Cheese Muffins	.50
Muffins (Home Made)	1.50	Goujons	.50	Ham Pizza	1.20
Brownes Yoghurt	2.00	Fruit	.90	Apple Slinky	1.10
Rice Bubble Slice	1.00	Swirls	1.00		

Lunch

Salads	Sandwiches	Toasted sandwiches
Salad	<i>Wholemeal or no butter on request</i>	<i>Wholemeal on request</i>
Salad with Tuna	Salad	Cheese
Salad with Goujons	Salad and Tuna	Cheese and Tomato
Salad with Ham	Salad and Eggs (Free Range)	Bake Beans (Homemade)
Salad with Chicken	Salad and Cheese	Ham
Salad with Fish	Salad and Chicken	Egg (Free Range)
Fruit Salad	Salad and Ham	Chicken
Fruit Salad and Ice Cream	<i>Without Salad</i>	Cheese and Chicken
Fruit Salad and Yoghurt	Vegetemite	Cheese and Ham
	Cheese	Tuna and Cheese
Hot Food Available Daily	Cheese	Cheese, Ham and Tomato
Macaroni Cheese	Beetroot	Cheese or Mayonnaise
Bolognaise Twirls	Rolls	extra
Ravioli	Pita Bread	Tomato Soup and Dinner Roll
Lasagne	Boiled Eggs	(available every day)
Baked Potato Any Filling		
Sauces (Chilli/ Yoghurt/ Sour Cream)		
Salad extra		

Meal Deals

Monday	Wednesday	Friday
Teriyaki Chicken Meal with Rice	Large Hamburger & Salad	Pizza:
Sushi: Vegetarian/Chicken/Tuna x4		Vegetarian
x6	Soup of the Week + Dinner Roll	Bacon Blitz
Homemade Mini Quiche:	Announced weekly in previous week's newsletter	Pineapple
Vegetarian/Ham/Ham & Corn		Fish Burger
Sausage Roll		Warm Chicken Wrap with Salad
Meat Pie		Cheese extra
Party Pie		
Sauce		

Ice Cream

Ice Cup	.50
Pineapple Rings	.40
Juicy	1.20
Slushy	1.80
Vanilla Ice cream cup	1.50
Brownes Yoghurt	2.00
Frozen Oranges	.30
Paddle Pop	1.60

Drinks

Plain Milk	1.20
Choc Milk	2.20
Pink Milk	2.20
Orange, Tropical, Apple Nudie Juice	1.80
Water	1.50

Bags .10

Please Mark bags with: Child's Name, Class, Lunch Order & Value