



# Made Fresh Canteen Menu



## SANDWICHES (White or Wholemeal Bread)

Vegemite	\$1.50
Jam or honey	\$1.50
Cheese	\$2.00
Lean ham	\$2.50
Cheese & tomato	\$3.00
Lean ham & cheese	\$3.50
Lean ham, cheese & tomato	\$4.00
Salad (lettuce, tomato, carrot, cucumber)	\$4.00
Tuna, lettuce & mayo	\$4.00
Fresh chicken with cheese	\$4.50
Fresh chicken, lettuce & mayo	\$4.50
Fresh chicken & salad	\$4.50
Lean ham & salad	\$4.50

## WRAPS - ROLLS (FOCACCIA extra \$1.00)

Cheese & tomato	\$3.50
Lean ham & cheese	\$4.00
Lean ham, cheese & tomato	\$4.50
Salad (lettuce, tomato, carrot, cucumber)	\$4.50
Tuna, lettuce & mayo	\$4.50
Fresh chicken with cheese	\$5.00
Fresh chicken, lettuce & mayo	\$5.00

## SALADS (All Salads served in 12oz Dome)

Garden salad	\$4.00
Tuna salad	\$4.50
Cheese salad	\$4.50
Lean ham salad	\$4.50
Fresh chicken breast salad	\$5.00
Fresh chicken breast pasta salad	\$5.00
Caesar salad	\$5.00
Fresh chicken avocado salad	\$5.00
Greek salad	\$5.00
Fresh chicken Caesar salad	\$5.00

## SUSHI sold at counter

Teriyaki chicken with cucumber	\$4.50
Salmon with cucumber	\$4.50
Veggie Tofu, carrot, cucumber (vegan)	\$4.50
Tuna with cucumber	\$4.50

## SNACKS & FROZEN TREATS

Plain or frozen 99% juice small cup	50c
Plain or frozen 99% juice-jelly small cup	50c
Custard small cup	50c
Plain or frozen 99% juice cup	\$1.00
Plain or frozen 99% juice-jelly cup	\$1.00
Frozen diced pineapple cup	\$1.00
Frozen plain milk cup	\$1.00
Frozen 99% quelch fruit juice sticks	\$1.00
Bread sticks x 4	\$1.00
Custard cup	\$1.00
Chocolate custard cup	\$1.50
Frozen orange wedges	\$1.50
Frozen mandarin wedges	\$1.50
Frozen lite milk cup (chocolate, banana, strawberry)	\$1.50
Frozen 99% nippy's juice cup	\$1.50
Sour snap sticks	\$1.50
Frozen grapes cup	\$2.00
Frozen watermelon cup	\$2.00
Ice mony freeze pops	\$2.00

## BREAKFAST-RECESS & LUNCH sold at counter

Plain milk cup	\$1.00
Diced pineapple cup	\$1.00
Vegemite or jam or honey toast	\$1.50
Hot chocolate cup	\$1.50
Lite banana milk cup	\$1.50
Lite chocolate milk cup	\$1.50
Lite strawberry milk cup	\$1.50
Fresh cut veggie cup	\$1.50
Fresh grapes cup (seasonal)	\$2.00
Fresh cut watermelon cup	\$2.00
Toasted cheese sub	\$1.50
Toasted cheese & lean ham sub	\$2.00
Fresh diced fruit cup	\$2.00
Tabouleh cup	\$2.00
Corn flakes bowl	\$2.50
Pancakes x2 with honey	\$2.50
Yoghurt (low fat)	\$2.00
Yoghurt & fruit cup	\$2.50
Yoghurt & muesli cup	\$2.50

## FRESH FRUIT

Orange, apple or mandarin	\$1.00
Banana	\$1.50
Orange, apple or mandarin wedges in a cup	\$1.50
Watermelon pieces in a bowl (12oz)	\$3.50
Seasonal fresh fruit salad bowl (12oz)	\$4.00

## MILK - JUICES - DRINKS

Water 400ml	\$1.50
Water 600ml	\$2.00
Milk 300ml (plain)	\$2.50
Popper 99% juice 250ml	\$2.50
Light milk 300ml	\$3.00
UP & GO 250ml	\$3.00

Gluten Free Bread or Tortilla extra \$1.00

Gluten Free Focaccia extra \$1.00

Upsize Salad, Fruit Salad to 200Z extra \$1.50

### Extra fillings

Shredded or Sliced Cheese extra \$1.00

Avocado extra 50c

Beetroot extra 50c

Sauce or Cutlery each 30c

All our meat products are Halal certified

(excluding pork based products)

## HOT FOOD

Corn cob	\$1.00
Garlic bread	\$1.00
Garlic & cheese bread	\$1.50
Fresh chicken wings x1	\$1.50
Cheese pizza (served on roll)	\$2.50
Mexican quesadilla	\$3.00
Stuffed vine leaves with rice x5	\$3.00
Beef meatball sub with napolitana sauce/cheese	\$4.50
Chicken meatball sub with napolitana sauce/cheese	\$4.50
Plain grilled chicken souvlaki on a roll	\$4.50
Plain grilled chicken souvlaki wrap	\$4.50
Homemade pizza with cheese	\$5.00
Homemade pizza with lean ham & cheese	\$5.50
Homemade hawaiian pizza	\$5.50
Beef lasagne (non halal)	\$5.50
Vegetarian lasagne	\$5.50
Cheeseburger	\$5.50
Aussie lean beef burger lettuce/tomato	\$5.50
Chicken breast fillet burger lettuce & mayo	\$5.50
Tuna pattie burger	\$5.50

## HOMEMADE MENU

### Australian, European, Asian & Mexican Meals

AVAILABLE	Pasta bolognaise	\$4.50
→	Mac & cheese	\$4.50
→	Chicken napolitana pasta	\$4.50
→	Pasta with beef meatballs	\$4.50
EVERY DAY	Pasta with chicken meatballs	\$4.50
Monday	Veggie fried rice	\$4.50
Tuesday	Mexican chicken burrito skillet & rice	\$4.50
Wednesday	Teriyaki chicken stir fry & steamed rice	\$4.50
Thursday	Thai red curry chicken, vegetables & rice	\$4.50
Friday	Chicken hokkien noodles	\$4.50
Gluten Free options available extra \$1.00		

## DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

PACK 1	<b>CHEESE SANDWICH</b> Water 400ml + frozen stick or fruit	\$3.50
PACK 2	<b>SALAD SANDWICH</b> Water 400ml + frozen stick or fruit	\$5.50
PACK 3	<b>MEATBALL SUB</b> Water 400ml + frozen stick or fruit	\$6.00
PACK 4	<b>PASTA BOLOGNAISE</b> Water 400ml + frozen stick or fruit	\$6.00
PACK 5	<b>CHICKEN &amp; CHEESE ROLL</b> Water 400ml + frozen stick or fruit	\$6.50
PACK 6	<b>LASAGNE (beef or vegetarian)</b> Water 400ml + frozen stick or fruit	\$7.00

## VEGGIE & OTHER SNACK PACKS

Veggie cup with hommus	\$2.50
Veggie dome (carrots, celery, corn, tomatoes, bread sticks)	\$4.00
Veggie dome with cheese cubes & bread sticks	\$4.50
Veggie dome with fresh chicken Breast & Bread Sticks	\$5.00

## CRUNCH N SIP PACKS

Fresh piece of fruit & water 400ml	\$2.00
Fresh orange/apple wedges & water 400ml	\$2.50
Fresh cut veggie cup & water 400ml	\$2.50
Fresh diced fruit cup & water 400ml	\$3.00



THIS IS TO CERTIFY THAT

Made Fresh

IS A FINANCIAL MEMBER OF THE

HEALTHY KIDS ASSOCIATION

Member ID L083

## OCCASIONAL ITEMS AVAILABLE EACH DAY HOT FOOD - SNACKS & DRINKS

Hash brown	\$1.30
Chicken & corn roll	\$1.50
Potato wedges bag	\$2.50
Nachos with salsa & cheese	\$3.50
Noodles cup	\$3.50
Chicken nuggets x5	\$3.50
Chicken or beef hot dog (one free sauce)	\$3.80
Sausage roll (one free sauce)	\$4.50
Meat pie (one free sauce)	\$5.00
Pizza wrap (tomato & olives, bbq chicken)	\$5.50
Crumbed Chicken Burger with lettuce & mayo	\$5.50
Fillet-O-Fish burger with lettuce & mayo	\$6.00
Homemade cookies x1 (freshly made daily)	50c
Gummy bear x3	\$1.00
Popcorn	\$1.00
Jelly cup	\$1.00
Monster noodle snacks (chicken or bbq)	\$1.30
Jelly & custard cup	\$1.50
Homemade fresh muffins (freshly made daily)	\$1.50
Rice sticks cheese	\$2.00
Vanilla ice cream cup	\$2.00
Grain waves 22g	\$2.50
Red rock deli chips 28g	\$2.50



CONGRATULATIONS

Rockdale Public School

FOR OFFICIALLY OPERATING A

**GREAT CHOICE**  
HEALTHY SCHOOL CANTEN

Jo Mitchell  
Executive Director  
Centre for Population Health

Mr Glenn King  
Deputy Secretary  
Department of Premier and Cabinet



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**OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**