## Canteen Menu

### BREAKFAST
- **Raisin Toast (V)** $2.00
- **Toast with (Jam, Honey, Vegemite or Butter) (V)** $1.50
- **Fruit Cup** $2.00
- **Whole Fruit (each)** $1.00
- **Muffins (assorted)** $2.00
- **Hot Chocolate** $2.00

### SANDWICHES
- **Vegemite, Honey or Jam (V)** $2.00
- **Chicken, Lettuce & Mayo (H)** $3.50
- **Lettuce, Ham & Tomato** $3.50
- **Mashed Egg, Lettuce & Mayo (V)** $3.00
- **Ham, Cheese & Tomato (Toasted)** $3.00
- **Salad Sandwich (lettuce, cheese, tomato, carrot)(V)** $3.50
- **Tuna & Salad (V)** $3.50

### MILK DRINKS
- **OAK Light Flavoured Milk (Chocolate/Strawberry/Banana)** $2.20
- **BREAKA Flavoured Milk 250mls** $2.00

### SNACKS
- **Red Rock Sweet Chilli Chips 28g** $1.50
- **Red Rock Honey Soy Chips 48g** $1.00
- **Mamee Noodle Snacks 25g** $1.20
- **Koala Popcorn 25g (GF)** $1.00

### SALADS
- **Caesar Salad** $4.00
- **Garden Salad** $3.50
- **Greek Salad** $4.00
- **Add Chicken, Ham or Tuna** $1.00

### HOT FOOD
- **Stone Baked Pizza (Hawaiian, Cheese or Supreme)** $3.00
- **Macaroni Cheese (H)** $3.30
- **Beef Lasagna** $3.50
- **Beef Pie (H)** $3.20
- **Sausage Roll (H)** $3.20
- **Pizza Roundas** $2.50

### COOL DRINKS
- **Bottled Water 600ml** $2.00
- **Just Juice Poppers (Apple/Orange)** $1.50
- **Pop Tops** $2.00
- **LOL Tropical Fruit Drink** $2.50
- **Flavoured Water 350ml (Blue Heaven/Cola)** $2.00
- **Iced Tea 250ml (Lemon)** $2.50

### DAILY MEAL DEALS - with COOKIE AND WATER 600ml

<table>
<thead>
<tr>
<th>DAILY MEAL DEALS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crumbed Chicken Burger (Mayo/lettuce)</td>
<td><strong>$6.00</strong></td>
<td>Cheeseburger</td>
<td><strong>$6.00</strong></td>
<td>Sushi Roll 100g (Vegetarian/Chicken/Tuna)</td>
<td><strong>$6.00</strong></td>
</tr>
<tr>
<td>Cheeseburger</td>
<td><strong>$6.00</strong></td>
<td><strong>$6.00</strong></td>
<td>Fried Rice (GF)</td>
<td><strong>$6.00</strong></td>
<td>Baked Fish Fillet with Wedges &amp; Tartare Sauce</td>
</tr>
</tbody>
</table>

### HEALTHY CHOICE
- **OATMEAL**
- **Fruit cup**
- **Milk**
- **Vegetable Soup**
- **Muffin (assorted)**
- **Breakfast Muffin**
- **Tree Top Pops**
- **Half Orange**

### BALANCED CHOICE
- **Rice or Pasta**
- **Lettuce, Cheese, Tomato**
- **Tomato & Tuna**
- **Chicken, Ham, Cheese**
- **Top Portion Sauces**
- **Hot Dog (Chicken) with Tomato Sauce/Mustard (H, GF)**
- **Milk**
- **Eucalyptus Drops**

### OCCASIONAL
- **Milk**
- **Eucalyptus Drops**
- **Cheese (V) (H)**
- **Jelly Cups (GF)**
- **Chicken/Tuna/Ham/Avocado**
- **Melted Cheese (V) (H)**
- **Red Rock Sweet Chilli Chips 28g**
- **Red Rock Honey Soy Chips 48g**
- **Mamee Noodle Snacks 25g**
- **Koala Popcorn 25g (GF)**

### FREEZER
- **Zooper Dooper Ice Sticks 70ml** $1.00
- **Sunnyboy Cola 150ml** $1.20
- **Gelato Cups 150ml (Chocolate/Strawberry) (H, GF)** $2.00
- **Paddle Pops** $1.40
- **Paddle Pop - Dragon Pop** $1.70
- **Paddle Pop - Shaky Shake** $2.50
- **Eucalyptus Drops** $1.00
- **Red Rock Sweet Chilli Chips 28g** $1.50
- **Red Rock Honey Soy Chips 48g** $2.00
- **Mamee Noodle Snacks 25g** $1.00
- **Koala Popcorn 25g (GF)** $1.20

### 27/01/2015

**Healthy Choice** | **Balanced Choice** | **Occasional** | **(V) VEGETARIAN** | **(H) HALAL** | **(GF) GLUTEN FREE**

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**North Ryde Public School**

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