Ringwood North Primary School
Canteen Winter Menu-Terms 2 & 3, 2014

If possible please place correct money in a paper bag with your child’s name, grade, and order written on the front. Please do not use any staples with your order.

Please include 20c if you do not have a lunch bag and one will be provided. They are also available from the canteen in bundles of 10 for $1.00.

Green Foods = everyday foods (most nutrient rich foods)
Amber Foods = Select carefully foods
Red Foods = Occasional foods

For more information go to:

Supadupa Sangas
Wholemeal or Multigrain Bread

White High Fibre Bread ........ add 20c
Rolls or Wraps ................. add 50c
Toasted ..................... add 40c
Cheese (low fat) ................ add 50c
Vegemite .................... 2.40
Cheese (low fat) ............. 2.40
Cheese & Tomato ........... 2.70
Cheese & Vegemite .......... 2.90
Egg & Lettuce .............. 3.00
Salad (Lettuce, Tomato & Carrot) .................. 3.00
Salad with Cheese .......... 3.50
Ham .......................... 2.90
Ham, Cheese & Tomato ..... 3.40
Roast Chicken ............. 3.60
Roast Chicken, Lettuce & Mayo ............. 3.60

Hoppy Hot Food

Fried Rice (home made with veges) ........ 3.50
Stir Fried Noodles (home made with veges) ........ 3.50
Plain Boiled Rice ....... 2.80
Whole Baked Potato - Choose any 2 toppings - (Cheese / Baked Beans / Corn / ham) ........ 3.50
Macaroni Cheese ........... 4.00
Lasagne ...................... 4.00
Spaghetti Bolognaise ......... 4.00
Hamburger (Lettuce & Tomato) ........ 3.50
Warm Chicken & Mayo Roll ............ 3.70
Chicken & Vegetable Fried Rice ........ 4.00
Teriyaki Chicken with Vegetables and Rice ........ 4.00
Pastries - chicken & corn OR spinach & cheese ........ 2.00

Rocky Wraps

Mexicana
Chicken, Tomato, Corn, Lettuce & Salsa ........ 4.10
Tantalising Tuna
Lamb
Roast Lamb, lettuce and mint sauce ........ 4.10
Salad
Lettuce, Tomato, Cucumber, Carrot ........ 3.50

Tuesday Specials

Soup of the Day (cup) ................ 1.50
with 2 chicken fingers ........ 2.50
Spaghetii Bolognaise with Meat Balls ........ 4.50
Sushi [2]
- Teriyaki Chicken & Carrot ........ 4.00
- Carrot, Cucumber & Avocado ........ 4.00
- Tuna with Carrot & Mayo ........ 4.00
Soy Sauce ........................................ 2.00

Wacky Wednesdays Only

Pizza Hawaiian ........ 3.50
Meat Pie (Reduced fat) ........ 3.30
Sausage Roll (Reduced fat) ........ 2.90
Chicken Burger (Lettuce/Mayo) ........ 3.50
Chicken Dinosaur Nuggets & hot veges ........ 3.50
Hot Dog .................. 3.00
Tomato Sauce ............... 0.30
Dim Sim .................... 1.00

Wednesday Specials

Tuna, Lettuce, Tomato .................. 3.80

Weirdly Weird Fruit
(and Vegetables)

Slink apples .................. 1.20
Apple from home made into a Slinky ........ 0.20
Fresh Fruit (in season) ........ 1.00
Frozen Yoghurt and fruit cup .... 1.40
Carrot Sticks .................. 0.60
Cucumber Sticks ............... 0.60
Mixed Sticks (Includes above 2) .... 0.80
Frozen Pineapple Ring ........ 0.80
Frozen Orange Wedges ........ 0.80
Frozen Juice Cups (100% Juice) ........ 1.00
Frozen Strawberry Fruit Stick ........ 0.80

Drinky Drinks

Over the Counter Sales

Hot Chocolate .................. 1.30
with marshmallow .......... 1.80
Fruit Box - 200ml, 100% Juice
Apple/Orange .................. 1.80
Flavoured Milk OR Up and Go 250ml
Chocolate/Strawberry ........ 2.20
Natural Spring Water .... (350ml) ........ 1.50
Slush Puppies -
Berry/Grape/Cola/Bubblegum .... 2.00
Frozen Juice Cups (100% Juice) ........ 1.00
Frozen Cola Cup ........ .... 1.00

Snappy Snacks

Over the Counter Sales

Choc Chip Cookie .............. 0.50
Gingerbread Man ........ ..... 1.80
Large Muffin (Apple or Chocolate) .... 1.60
Mini Muffin .................. 0.60
Pizza Muffin .................. 1.00
Popcorn - Salt & Vinegar or Buttered ........ 1.40
Garlic Bread .................. 1.00
Chicken Fingers (2) ........ 1.20
Frozen Yoghurt Sticks (4 flavours) ........ 1.20
Jelly with Two Fruits ........ 1.00

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