Ringwood North Primary School
Canteen Winter Menu-Terms 2 & 3, 2015

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 form the canteen in bundles of 10 for $1.00.

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 ............................3.40
- Ham, Cheese & Tomato ...............3.60
- Roast Chicken ............................3.30
- Roast Chicken, Lettuce & Mayo ....3.70

Hoppy Hot Food

- Fried Rice (home made with veggies) ....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) ....3.80
- Macaroni Cheese ..........................4.00
- Lasagne .....................................4.00
- Spaghetti Bolognaise ....................4.00
- Hamburger (Lettuce & Tomato) ........3.60
- Warm Chicken & Mayo Roll ............3.80
- 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 4.20

Tantalising Tuna
Tuna, Lettuce, Tomato ......................4.00

Lamb
Roast Lamb, lettuce and mint sauce ...4.20

Salad
Lettuce, Tomato, Cucumber, Carrot 3.60

Tuesday Specials

Soup of the Day (cup) ......................1.50
with 2 chicken fingers ..............2.50

Spaghetti 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 ....................................20

Wacky Wednesdays Only

Pizza Hawaiian .........................3.50
Meat Pie (Reduced fat) ...............3.50
Sausage Roll (Reduced fat) .......3.00
Chicken Burger (Lettuce/Mayo) ....3.80
Chicken Dinosaur Nuggets
& hot veges ..........................3.60
Hot Dog ....................................3.20
Tomato Sauce ............................0.30
Dim Sim ...................................1.00

Weirdly Weird Fruit
(and Vegetables)

- Slinky Apples .......................1.20
- Apple from home made into a Slinky .......0.20
- 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

- Choc Chip Cookie ..................0.50
- Gingerbread Man ....................1.80
- Large Muffin (Apple or Chocolate) .1.80
- Mini Muffin ...........................0.90
- 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) .1.00
- Jelly with Two Fruits ..............1.00