

# Ranfurly Canteen Menu - Term 1 2021

Opening Times: 8.30am, 1.45 – 2.00pm

Lunch 11.30am, Recess 1.45pm



**Let's Start Ordering – Healthy Cool Choices Are Great To Choose Every Day!**

## SUPER SANDWICHES & WRAPS

Ham, Egg, Lettuce, Spinach  
& Mayo Wrap  
Full - \$5.50 Half - \$3.00

Sweet chilli Chicken Wrap with  
lettuce, tomato & carrot  
Full \$5.50 Half - \$3.00

Pink salmon, cream cheese, avocado,  
cucumber, spinach, lettuce & red  
onion  
Multigrain sandwich \$6.00

Chicken, Cranberry & Cream  
Cheese multigrain sandwich  
with cucumber, lettuce &  
beetroot \$5.00

Chicken, Cheese, Avocado,  
Lettuce & Mayo Wrap  
Full \$6.00 Half \$3.00

Deli Crumbed Chicken Wrap  
With spinach, cranberry, lettuce &  
cheese  
Full \$5.50 Half \$3.00

Salad Wrap with Cheese,  
tomato, cucumber, beetroot,  
lettuce, carrot & mayo  
Full \$5.50 Half \$3.00

Hawaiian Chicken Wrap  
With pineapple, cheese, lettuce  
& mayo  
Full \$5.50 Half \$3.00

Cheddar, Vegetable & Hummus  
Wrap Spread with hummus and  
mixed salad vegies  
Full \$5.50 Half \$3.00

## SANDWICHES – Made with multi grain bread, white bread also available.

Salad.....	\$4.50
Ham (Virginian).....	\$3.00
Ham & cheddar cheese.....	\$3.50
Ham, cheddar cheese & tomato.....	\$4.00
Ham & salad.....	\$5.00
Tuna & mayo.....	\$4.00
Tuna & salad.....	\$5.00
Roast chicken, lettuce, mayo.....	\$4.00
Roast chicken, lettuce, avocado, mayo.....	\$5.00
Roast chicken & salad.....	\$5.00
Egg, lettuce & mayo.....	\$4.00
Curried egg.....	\$3.50
Cheddar Cheese.....	\$2.50
Vegemite.....	\$1.50

**Rolls available, add \$1.00**

**Note - Avocado also available, add \$1.00**

**Gluten free bread, rolls and wraps  
available**



## Term 4 Specials

- ❖ Chicken Quesadillas – flatbread, chicken,  
corn, cheddar & Jalapenos -----\$6.00
- ❖ Vegetarian Quesadillas – flatbread, tomato,  
kidney beans, capsicum, avocado, corn, cheese,  
red onion & spinach-----\$6.00
- ❖ Mediterranean Salad – tomato, olives,  
cucumber, capsicum, red onion, avocado  
& feta & dressing -----\$6.00
- ❖ Crunchy Chicken Salad – crumbed  
Chicken Strips with salad vegies  
& mayonnaise -----\$6.00
- ❖ Egg & cheese salad with mayo &  
Salad vegies-----\$6.00

## **BAKERY**

Meat Pie (reduced fat) .....	\$4.60
Potato Pie .....	\$4.60
Mini Pie.....	\$1.80
Spinach & Ricotta Roll .....	\$3.00

## **HOT HEARTY CHOICES**

Chicken Nuggets (gluten free available).....	\$0.70
Mini Steamed Corn on Cob .....	\$0.50

## **BURGERS**

Big Chicken Burger, lettuce, tomato, cheese, beetroot, mayo.....	\$6.00
Little Chicken Burger, lettuce, cheese, mayo.	\$4.00
Chilli Chicken Burger, lettuce, cheese, & sweet chilli sauce .....	\$4.00

## **PIZZAS – Homemade**

Margarita: tomato, spinach, cheese .....	\$3.00
Traditional: tomato, cheese, ham .....	\$4.00
Tropical: tomato, cheese, ham Pineapple.....	\$4.50
Vegetarian: tomato, capsicum, olives, cheese, red onion, spinach.....	\$4.50
BBQ Chicken: chicken, cheese, pineapple, BBQ sauce.....	\$4.50
Roast Pumpkin with spinach, feta & Red onion & cheese.....	\$4.50
Garlic bread .....	\$1.50
Garlic bread with cheese & spinach.....	\$2.50

## **FOCCIACIAS Small \$5.00 Large \$7.00**

Ham, Cheese, Tomato, Spinach, Relish
Ham, Cheese, Pineapple, Spinach & Mayo
Chicken, Cheese, Tomato, Spinach, Relish
Chicken, Cheese, Pineapple, Spinach & Mayo
Roast Pumpkin, Feta, Spinach & Red Onion
Grilled Eggplant, Capsicum, Spinach, Onion & Cheddar

## **TOASTIES (Gluten Free Available)**

Ham & Cheese .....	\$4.00
Ham, Cheese & Tomato .....	\$4.50
Tuna, corn, red onion, cheese, mayo .....	\$4.50
Chicken, cheese & pineapple .....	\$4.50
Chicken, cheese & corn .....	\$4.50
Cheesy corn .....	\$3.50
Baked Beans .....	\$3.50
Baked Beans, cheese & tomato relish.....	\$4.00
Cheesymite – vegemite & cheese .....	\$3.00
Cheese .....	\$3.00

## **FRUIT & SNACKS**

Apple slinky .....	\$1.00
Pear slinky .....	\$1.00
Carrot sticks.....	\$1.00
Capsicum sticks .....	\$1.00
Cucumber sticks .....	\$1.00
Mixed sticks (carrot, capsicum, cucumber)....	\$1.00
Cheese sticks .....	\$1.00
Tzatziki Dip .....	\$1.00
Hommus Dip.....	\$1.00
Hi Fibre Cookie .....	\$1.00
Banana Bread .....	\$2.00
Popcorn .....	\$0.50
Jelly Fruit .....	\$1.00
Rice Snacks .....	\$1.00
Watermelon wedge.....	\$1.00
Fresh Fruit Salad.....	\$3.00
Quelch .....	\$0.50
Dixie Cup.....	\$2.00
Moosie.....	\$1.50
Frozen Yoghurt .....	\$2.50
Billabong.....	\$1.50
Frozen Fruit .....	\$1.00

## **DRINKS**

Flavoured Milk	
Chocolate or Strawberry 250ml .....	\$2.20
Plain milk .....	\$1.00
Milo – Hot/Cold .....	\$1.50
100% Orange Juice 250ml .....	\$2.20
100% Apple Juice 250ml.....	\$2.20
Spring Water.....	\$1.50
Apple & Blackcurrant Juice 250ml.....	\$2.20

## **IMPORTANT INFORMATION FOR LUNCH ORDERING**

- To order please write your child's name, room number and order clearly on a paper bag.
- Enclose correct money please.
- No staples or sticky tape, fold bag in half and in half again so money doesn't fall out.
- Change if required will be returned in lunch bag or if greater than \$5.00, change can be collected from the office at the end of the day.
- Students who have ordered and paid for frozen items must queue at the canteen window and **produce their lunch bag to collect these items at the afternoon recess.**
- **Credit is not available.**