

# Ringwood North PS Canteen Summer Menu 2022

## 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	3.00
Ham & Cheese	3.50
Ham & Cheese & Tomato	3.70
Roast Chicken	3.50
<i>Roast Chicken, Lettuce &amp; Mayo</i>	<i>4.30</i>

## Hoppity Hot Food

<i>Mac 'n' Cheese</i>	<i>5.00</i>
<i>Lasagne</i>	<i>5.00</i>
<i>Spaghetti Bolognese</i>	<i>5.00</i>
Neapolitan Twista Pasta (Vegetarian)	4.50
Hamburger (Lettuce & Tomato)	4.50
<i>Warm Chicken &amp; Mayo Roll</i>	<i>4.20</i>
Plain Rice	2.80
Vegetable Fried Rice	4.00
Vegetable Fried Rice with Chicken	4.50
Teriyaki Chicken Rice with Vege	4.50
Stir Fried Noodles with veggie	4.00
Pastries - Cheese and spinach (2pcs)	2.50
Chinese BBQ Pork Bun	2.50
Quiche mini (2pcs) Cheese or Lorraine	2.50

## Drinky Drinks

Fruit Juice box 200ml (Apple or Orange)	2.00
Flavoured Chocolate Milk or Up&Go (Chocolate or Strawberry)	2.20
Natural Spring Water 350ml	1.50
Frozen Chocolate Milk Cup	1.20
Icy pole (fruit juice)	1.00
Frozen Jelly cup	1.00
Slush Puppie (Strawberry/Grape/Lime/Raspeberry)	2.60

## Rocky Wraps

Mexicana (Chicken, Tomato, Corn, Lettuce & Lamb Wrap)	4.40
Salad Wrap (Lettuce, Tomato, Cucumber, Carrot)	4.00
Hawaiian Wrap (Chicken, Lettuce and pineapple)	4.40

## Snacks and Fruits

Large Chocolate Muffins	2.00
Small Chocolate Muffins	1.00
Large Anzac Cookie (Homemade)	2.00
Small Anzac Cookie	1.00
Garlic Bread	1.00
Baked Potato Wedges (6pcs)	1.00
Rice cracker (10 pcs)	1.00
Slinky Apple	1.40
Salad Bowl	3.00
Fresh Fruit (in season)	1.00
<i>Frozen Pineapple ring</i>	<i>1.00</i>
<i>Frozen Strawberry stick or grapes</i>	<i>1.00</i>
<i>Carrot sticks (4-5pcs)</i>	<i>1.00</i>
<i>Cucumber sticks (4-5pcs)</i>	<i>1.00</i>
Mixed sticks (Carrot/Cucumber)	1.00

## Tantalising Tuesday

Sweet Chilli Tender Wraps (Chicken, Mayo & Lettuce)	4.40
<i>Pork &amp; Vege Dumplings (6pcs)</i>	<i>5.00</i>
Soy sauce	0.20
Vegetarian Burger	4.80
Chicken and Vegetable Roll	3.00

## Wacky Wednesdays

Pizza Margherita or Pizza Hawaiian	4.00
Spinach and Cheese Roll (Vegetarian)	4.50
<i>Meat Pie</i>	<i>4.50</i>
<i>Sausage Roll</i>	<i>3.60</i>
Chicken Burger (Lettuce and Mayo)	4.50
Chicken Dino Nuggets & Salad	4.00
<i>Hot Dog</i>	<i>3.70</i>
Tomato Sauce	0.30
Dim Sim	1.20