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| **TERM 2 & 3 WINTER MENU**  **RANDWICK PUBLIC SCHOOL CANTEEN MENU -**  **(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)** Everyday food & drinks - 3/4 of the menu is comprised of a range of the healthy foods & drinks from the five food groups or meals made from them.  |
| Occasional foods & drink - Foods to eat sometimes & in small amounts - Only the healthiest choices with a health star rating of 3.5 stars and above and limited to no more than 1/4 of the menu. |
| **Item** | **Cost**  | **Rating** |  |
| **BREAKFAST** |  |  |  |
| TOAST WITH JAM OR VEGEMITE (1 SLICE) | $1.00 | EVERYDAY |  |
| FRUIT SALAD - SMALL | $2.50 | EVERYDAY |  |
| FRUIT SALAD - LARGE | $3.50 | EVERYDAY |  |
| MUFFINS - FRUIT - HOMEMADE | $2.00 | OCCASIONAL |  |
| PIKELETS - HOMEMADE | $1.00 | EVERYDAY |  |
| JUICE - 100% - ORANGE, APPLE | $3.00 | EVERYDAY |  |
| MILK - 300ML - PLAIN | $2.00 | EVERYDAY |  |
| MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY | $3.00 | EVERYDAY |  |
| UP & GO - 250ML - CHOCOLATE, STRAWBERRY, VANILLA | $3.00 | EVERYDAY |  |
| HOT CHOCOLATE (NATURAL INGREDIENTS - 4 STAR RATING) | $3.00 | EVERYDAY |  |
| **SNACKS** |  |  |  |
| FRUIT SALAD - SMALL | $2.50 | EVERYDAY |  |
| FRUIT SALAD - LARGE | $3.50 | EVERYDAY |  |
| WATERMELON CUP - SMALL | $1.50 | EVERYDAY |  |
| WATERMELON CUP - LARGE | $2.50 | EVERYDAY |  |
| YOGHURT - VAALIA FOR KIDS POUCH (STRAWBERRY) | $3.00 | EVERYDAY |  |
| YOGHURT - VAALIA FOR KIDS POUCH (VANILLA) | $3.00 | EVERYDAY |  |
| JELLY - LOW JOULE | $2.00 | OCCASIONAL |  |
| VEGETABLE STICKS | $2.00 | EVERYDAY |  |
| VEGETABLE STICKS WITH DIP | $2.50 | EVERYDAY |  |
| VEGETABLE STICKS WITH LITE CHEESE & WHOLEMEAL CRACKERS | $4.00 | EVERYDAY |  |
| FRESH FRUIT - SEASONAL | $1.50 | EVERYDAY |  |
| RICE CRACKERS (WHOLEMEAL/PLAIN) - SMALL | $0.50 | EVERYDAY |  |
| RICE CRACKERS (WHOLE/PLAIN WITH LITE CHEESE) | $1.50 | EVERYDAY |  |
| PIKELETS - (HOMEMADE) | $1.00 | EVERYDAY |  |
| MUFFINS - (FRUIT - HOMEMADE) | $2.00 | OCCASIONAL |  |
| ATOMIC POPCORN - LIGHTLY SALTED | $2.00 | EVERYDAY |  |
| GRAIN WAVES - SOUR CREAM & CHIVES - 28G | $2.50 | OCCASIONAL |  |
| RED ROCK - SEA SALT - 28G | $2.50 | OCCASIONAL |  |
| **COLD LUNCHES** - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE) |  |  |  |
| ROLLS | $1.00 | EVERYDAY |  |
| TURKISH BREAD | $1.50 | EVERYDAY |  |
| GLUTEN FREE BREAD | $1.50 | EVERYDAY |  |
| VEGEMITE | $3.00 | EVERYDAY |  |
| JAM | $3.00 | EVERYDAY |  |
| EGG | $3.50 | EVERYDAY |  |
| CHEESE (REDUCED FAT) | $3.00 | EVERYDAY |  |
| TUNA (SPRING WATER) | $3.50 | EVERYDAY |  |
| HAM (REDUCED FAT) | $3.50 | EVERYDAY |  |
| CHICKEN  | $4.50 | EVERYDAY |  |
| SALAD | $5.00 | EVERYDAY |  |
| ADD ANY OF THE FOLLOWING - TOMATO, BEETROOT, CUCUMBER, CARROT, LETTUCE | $0.50 | EVERYDAY |  |
| CHEESE, AVOCADO OR PINEAPPLE | $1.00 | EVERYDAY |  |
| **WRAPS** |  |  |  |
| RAINBOW VEGGIE WRAP - (AVOCADO, EGG, CARROT, LETTUCE, TOMATO, CUCUMBER, CORN & LITE CHEESE) | $6.00 | EVERYDAY |  |
| CHICKEN CAESAR WRAP - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE & CAESAR DRESSING) | $6.00 | EVERYDAY |  |
| TURKEY WRAP - (TURKEY, AVOCADO, TOMATO, LETTUCE, CHEESE & RANCH DRESSING) | $6.00 | EVERYDAY |  |
| FALAFEL WRAP - (FALAFEL, TOMATO, CUCUMBER, RED ONION, PARSLEY & HOMMAS)  | $6.00 | EVERYDAY |  |
| **SALADS** |  |  |  |
| GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, SPANISH ONION, OLIVES, FETA) | $6.00 | EVERYDAY |  |
| CAESAR SALAD - (CHICKEN, LETTUCE, EGG, CROUTONS, LITE CHEESE)  | $6.00 | EVERYDAY |  |
| MIXED SALAD - (LETTUCE, CHERRY TOMATO, CARROT, CELERY, CUCUMBER, BEETROOT) | $6.00 | EVERYDAY |  |
| MIXED SALAD - ADD CHOICE OF EGG, LITE CHEESE, HAM, CHICKEN, AVOCADO OR TUNA | $1.00 EA | EVERYDAY |  |
| **HOT FOOD** |  |  |  |
| **MONDAY** |  |  |  |
| BEEF CHOW MEIN NOODLES (HOMEMADE) | $6.00 | EVERYDAY |  |
| LITE SAUSAGE ROLL (3.5 STAR RATING) | $5.50 | Occasional |  |
| LITE PIE (3.5 STAR RATING) | $6.00 | OCCASIONAL |  |
| HAM TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | $3.00 | EVERYDAY |  |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | $4.00 | EVERYDAY |  |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| BAKED BEAN TOASTED SANDWICH | $3.00 | EVERYDAY |  |
| BAKED BEAN & CHEESE TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| **TUESDAY** |  |  |  |
| HEALTHY FISH & CHIPS | $6.00 | Occasional |  |
| NAPOLITANA PENNE PASTA (HOMEMADE) | $6.00 | EVERYDAY |  |
| HAM TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | $3.00 | EVERYDAY |  |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | $4.00 | EVERYDAY |  |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| HAM, CHEESE & PINEAPPLE | $4.50 | EVERYDAY |  |
| BAKED BEAN TOASTED SANDWICH | $3.00 | EVERYDAY |  |
| BAKED BEAN & CHEESE TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| **WEDNESDAY**  |  |  |  |
| SUSHI (ASSORTED)- ROLLS, MINI BOXES, LARGE BOXES **MUST BE PRE-ORDERED BY 6PM TUESDAY** | $5.50-$7.50 | EVERYDAY |  |
| CHICKEN BREASTS NUGGETS (3.5 STAR RATING) | $5.50 | OCCASIONAL |  |
| HAM TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | $3.00 | EVERYDAY |  |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | $4.00 | EVERYDAY |  |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| BAKED BEAN TOASTED SANDWICH | $3.00 | EVERYDAY |  |
| BAKED BEAN & CHEESE TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| **THURSDAY** |  |  |  |
| CHICKEN SCHNITZEL BURGER - TOMATO, LETTUCE & MAYO  | $6.00 | EVERYDAY |  |
| MACARONI & CHEESE (HOMEMADE)  | $6.00 | EVERYDAY |  |
| HAM TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | $3.00 | EVERYDAY |  |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | $4.00 | EVERYDAY |  |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| BAKED BEAN TOASTED SANDWICH | $3.00 | EVERYDAY |  |
| BAKED BEAN & CHEESE TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| **FRIDAY**  |  |  |  |
| PIZZA -CHEESE, HAM & CHEESE, HAM, CHEESE & PINEAPPLE (HOMEMADE) | $6.00 | EVERYDAY |  |
| HAM TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| CHEESE TOASTED SANDWICH - (REDUCED FAT) | $3.00 | EVERYDAY |  |
| HAM & CHEESE TOASTED SANDWICH - (REDUCED FAT) | $4.00 | EVERYDAY |  |
| HAM, CHEESE & TOMATO TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| HAM, CHEESE & PINEAPPLE TOASTED SANDWICH | $4.50 | EVERYDAY |  |
| BAKE BEAN TOASTED SANDWICH | $3.00 | EVERYDAY |  |
| BAKE BEAN & CHEESE TOASTED SANDWICH | $3.50 | EVERYDAY |  |
| **DRINKS** |  |  |  |
| WATER - SMALL | $1.50 | EVERYDAY |  |
| MILK - 300ML - PLAIN | $2.00 | EVERYDAY |  |
| MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY | $3.00 | EVERYDAY |  |
| UP & GO - 250ML - CHOCOLATE, STRAWBERRY, VANILLA | $3.00 | EVERYDAY |  |
| GLEE - SPARKLING FRUIT JUICE (BLACKCURRANT, GRAPE, TROPICAL) | $3.00 | EVERYDAY |  |
| JUICE 100% - 250ML - ORANGE, APPLE | $3.00 | EVERYDAY |  |
| CHILL j - 100% SPARKLING FRUIT JUICE - (GRAPE, ORANGE PASSIO, RASPBERRY) | $3.00 | EVERYDAY |  |
| **FROZEN ICE SNACKS - MUST BE COLLECTED FROM THE CANTEEN)** |  |  |  |
| FROZEN FRUIT BAG | $1.50 | EVERYDAY |  |
| FROZEN JUICE CUP - 99% JUICE | $2.00 | EVERYDAY |  |
| SNAP STIX - 99% JUICE - SOUR GRAPE, SOUR WATERMELON | $2.00 | Everyday |  |
| MOOSIE - BLUE MOON, CHOCOLATE (3.5 STAR RATING) | $2.00 | Occasional |  |
| QUELCH FRUIT ICE STICK - 99% JUICE | $1.00 | EVERYDAY |  |
| SLUSHIE - (99.9% FRUIT JUICE, NATURAL FLAVOURS & COLOURS, 99% FAT FREE, NO ADDED SUGAR) | $3.00 | EVERYDAY |  |