

RANDWICK PUBLIC SCHOOL CANTEEN MENU

(IN LINE WITH THE NSW HEALTHY SCHOOL CANTEEN STRATEGY)

TERM 1 & 4 SUMMER MENU

Everyday food & drinks - 3/4 of the menu is comprised of a range of these 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	\$1.50	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$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	\$1.50	EVERYDAY
VEGETABLE STICKS WITH DIP	\$2.00	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 (WHOLEMEAL/PLAIN) - LARGE	\$1.00	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 LUNCHESES - SANDWICHES AVAILABLE EVERYDAY - (BROWN, WHITE, GLUTEN FREE)		
ROLLS	\$0.80	EVERYDAY
TURKISH BREAD	\$1.00	EVERYDAY
GLUTEN FREE BREAD	\$1.00	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	\$4.20	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
3.5 STAR	\$6.00	EVERYDAY
SALADS		
GREEK SALAD - (TOMATO, CUCUMBER, CAPSICUM, SPANISH ONION, OLIVES, FETA)	\$6.00	EVERYDAY

VIETNAMESE CHICKEN NOODLE SALAD - (CHICKEN, NOODLES, CABBAGE, CAPSICUM, CUCUMBER, CARROT)	\$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		
RICE PAPER ROLLS WITH DIPPING SAUCE (HOMEMADE) (VEGETARIAN OR CHICKEN)	\$6.00	EVERYDAY
LEAN SAUSAGE ROLL (3.5 STAR RATING)	\$5.50	Occasional
LEAN BEEF 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		
STEAMED DUMPLINGS (CHICKEN OR PORK)	\$6.00	EVERYDAY
CHICKEN PARMIGIANA WITH GARDEN SALAD (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) MUST BE PRE-ORDERED	\$5.50-\$7.50	EVERYDAY
BEEF BURGER (LETTUCE, TOMATO & SAUCE)	\$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
THURSDAY		
CHICKEN TERIYAKI POKE BOWL (HOMEMADE)	\$6.00	EVERYDAY
CHICKEN BREAST NUGGETS (3.5 STAR RATING)	\$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		
NACHO'S (HOMEMADE)	\$6.00	EVERYDAY
SUSHI (ASSORTED) MUST BE PRE-ORDERED	\$5.50-\$7.50	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
WATER - LARGE	\$2.50	EVERYDAY
MILK - 300ML - PLAIN	\$1.50	EVERYDAY
MILK - 300ML - REDUCED FAT - CHOCOLATE, STRAWBERRY	\$3.00	EVERYDAY
JUICE BOMB - SPARKLING FRUIT JUICE (BLACKCURRANT, GRAPE, WATERMELON)	\$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		
FROZEN FRUIT KEBABS	\$1.00	EVERYDAY
FROZEN JUICE CUP - 99% JUICE	\$2.00	EVERYDAY
FROZEN SNAP STIX - (SOUR WATERMELON, SOUR GRAPE, SOUR RASPBERRY) - 99% FRUIT JUICE	\$2.00	EVERYDAY
FROZEN TNT - (SOUR WATERMELON, SOUR GRAP, SOUR RASPBERRY) - 99% FRUIT JUICE	\$2.00	EVERYDAY
QUELCH FRUIT ICE STICK - 99% JUICE	\$1.00	EVERYDAY
TWISTED FROZEN YOGHURT - CHOCOLATE, STRAWBERRY	\$2.50	OCCASIONAL
SLUSHIE - (99.9% FRUIT JUICE, NATURAL FLAVOURS & COLOURS, 99% FAT FREE, NO ADDED SUGAR)	\$3.00	EVERYDAY