



Manly Vale Public School

Red Owl Canteen

Summer Menu - Term 1 2018

Recess (order now through Flexischools)

Piece of fresh Fruit: (GF) (V)	
Apple, Banana, Orange	\$0.80
seasonal Fruit e.g. Kiwi, Rockmelon, grapes...	\$0.80
MON, TUE, WED: Apple Slinky (GF) (V)	\$1.00
Healthy Banana Bread - 1 Slice (V) ♥	\$1.00
Healthy Banana Bread - 1/2 Slice (V) ♥	\$0.50
Fruit Muffin (V) ♥	\$1.00
Hummus and veg (variations of carrots, celery, capsicum, cucumbers) (GF) (V)	\$1.20
Carrot sticks x 5 (V)	\$0.30
Veggie Pack (variations of carrots, celery, capsicum, cucumbers & Cherry tomatoes) (GF) (V)	\$1.00
Bread Stick x 1 (V)	\$0.20
5 rice crackers (GF) (V)	\$0.30
Rice crackers with cheese (GF) (V)	
(4 gluten free rice crackers with 4 slices of cheese)	\$1.00
Popcorn	\$1.00
MONDAYS ONLY: Brazilian Cheese balls ♥	\$0.20
TUESDAYS ONLY: Apple pancake ♥	\$0.50
WEDNESDAYS & THURSDAYS:	
Freshly made Banana Smoothie (V) ♥	\$1.50
Arrowroot Biscuit	\$0.10
Greek yoghurt	\$1.00
Greek yoghurt & berries	\$1.50
Greek yoghurt & honey	\$1.20
Greek yoghurt with berries & honey	\$1.70

RECESS BOX: pre order only

Half Apple, 2 carrot sticks, 2 cucumber sticks,	\$2.00
4 rice crackers with cheese	+ \$0.50
additional hommus	

& Frozen Snacks

♥ = Canteen made with ♥

Hot lunches *Specials*

MONDAYS

5 steamed Pork Dim Sims served on bed of lettuce	\$3.50
optional: Soy Sauce or Sweet Chilli Sauce	+\$0.30
3 vegetable Gyozas served on bed of lettuce	\$3.50
optional: Soy Sauce or Sweet Chilli Sauce	\$0.30

TUESDAYS

Slice of Cheese and Tomato pizza (stone baked pizza with canteen made pizza sauce ♥ and cheese)	\$1.50
Slice of Hawaiian Pizza (stone baked pizza with canteen made pizza sauce ♥, cheese, ham and pineapple)	\$2.00

WEDNESDAY

Sticky ovenbaked Chicken Drumsticks with Chunky Salad	\$4.50
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THURSDAY

Chicken, Cheese and Pineapple Burgers	\$4.50
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FRIDAY

Fried rice with chicken	\$4.00
Veggie Fried Rice (GF) (V)	\$3.00

Cold lunches

Sandwiches (wholegrain)	
Wholemeal Roll	+\$0.50
Wrap	+\$0.50
Gluten Free available	+\$0.50
Vegemite	\$2.20
Honey	\$2.20
Cheese	\$3.00
Egg	\$3.00
Ham & Cheese	\$4.00
Salad	\$3.00
Chicken	\$3.00
Tuna	\$3.00
Ham	\$3.00

Sandwich Extra Items

Avocado	\$0.50
Carrot, lettuce, cucumber or tomato	\$0.30
Hummus, Mayo, Tomato Sauce	\$0.20
Toasted	\$0.50

For lunch orders, go to www.flexischools.com.au or paper bag in before 9am

PSSA competitors (Year 3-6) can order sushi and sandwiches only on Friday with order marked 'PSSA'

Opening Hours: 8.30am - 1.30pm

EVERYDAY MEAL DEAL:

Choose a Sandwich (any filling), Juice Popper and
Piece of Fruit/Carrot Sticks or veggie pack

\$5.00**Salad****Salad Box**

Delicious and healthy salad box - base salad includes lettuce,
tomato and cucumber

- choose your extras:

- choose your extras:	\$4.00
Avocado	\$0.50
Carrot	\$0.30
Cheese	\$1.00
Ham	\$1.00
Chicken	\$1.00
Tuna	\$1.00
Egg	\$1.00
Falafel	\$1.00
Hummus	\$0.30
Italian salad dressing	\$0.30

Sushi (Wednesdays & Fridays)

Sushi Hand Roll:	\$4.00
Teriyaki Chicken	\$4.00
Beef Teriyaki	\$4.00
Beef Teriyaki, carrot and cucumber	\$4.00
Salmon & Avocado	\$4.00
Tuna	\$4.00
Tuna & Avocado	\$4.00
Sushi Baby Box:	\$4.00
Tuna	\$4.00
Cucumber	\$4.00
Mixed	\$4.00
Rice Paper Roll (2 pack)	
Teriyaki chicken with lettuce and noodles	\$6.00
Salmon with lettuce and noodles	\$6.00
Tuna with lettuce and noodles	\$6.00
Rice Paper Roll (single)	
Teriyaki chicken with lettuce and noodles	\$3.00
Salmon with lettuce and noodles	\$3.00
Tuna with lettuce and noodles	\$3.00

Hot Everyday Food

Corn on the cob (GF) (M)	\$1.00
Garlic Bread (M)	\$1.00

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Snacks available at lunchtime

Popcorn	\$1.00
Rice Crackers (5 in a bag)	\$0.30
Piece of fresh Fruit: (GF) (M)	
Apple, Banana, Orange	\$0.80
seasonal Fruit e.g. Kiwi, Rockmelon, grapes...	\$0.80
Healthy Banana Bread - 1 Slice (M) ♥	\$1.00
Healthy Banana Bread - 1/2 Slice (M) ♥	\$0.50
Fruit Muffin (M) ♥	\$1.00
Hummus and veg	
(variations of carrots, celery, capsicum, cucumbers)	\$1.20
Carrot sticks (5) (GF) (M)	\$0.30
Veggie Pack (variations of carrots, celery, capsicum, cucumbers & Cherry tomatoes) (GF) (M)	\$1.00
Hardboiled Egg (GF) (M)	\$1.00
Bread Stick x 1 (M)	\$0.20
5 rice crackers (GF) (M)	\$0.30
Rice crackers with cheese (GF) (M)	
(4 gluten free rice crackers with 4 slices of cheese)	\$1.00
Freshly made Banana Smoothie (GF) (M) ♥	\$1.50
Arrowroot Biscuit	\$0.10
Greek yoghurt (GF) (M)	\$1.00
Greek yoghurt & berries (GF) (M)	\$1.50
Greek yoghurt & honey (GF) (M)	\$1.20
Greek yoghurt with berries & honey (GF) (M)	\$1.70

Frozen snacks

Frozen Fruit: (GF) (M)	
Pineapple slice	\$0.20
Watermelon slice	\$0.20
Orange wedge	\$0.20
Frozen grapes	\$0.20
Frozen orange or apple fruit juice (99%) (GF) (M)	\$0.70
Brain Freezer (Frozen pineapple juice) (GF) (M) ♥	
Canteen Made Fresh Fruit Slushie (GF) (M) ♥	\$1.50
Icy Twist	\$1.50
Quelch Stick - 99% Fruit	\$0.50
Frozen Yoghurt	\$1.80
Moosies (chocolate or strawberry flavour)	\$1.00

Drinks

Bottled Water	\$1.00
Flavoured Milk (Strawberry & Chocolate)	\$2.00
Plain Milk	\$1.00
Juice Popper (Orange, Apple & Blackcurrent, Apple)	\$1.50

Manly Vale Public School

Learning Together to Create the Future

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