



Manly Vale Public School

Red Owl Canteen

Autumn/Winter Menu - Term 3 2018

Sandwiches

Sandwiches (wholemeal)	
Roll or wrap	+\$0.50
Gluten Free Bread	+\$0.80
Vegemite or Honey	\$2.50
Cheese, Chicken, Egg, Falafel, Ham, Tuna or Salad	\$4.00
Ham & Cheese	\$4.50

Extra Items

Salad (lettuce, tomato, cucumber & grated carrot)	\$1.00
Avocado	\$0.80
Carrot, lettuce, baby spinach, beetroot, cucumber or tomato	\$0.30
Mayo, Tomato Sauce	\$0.20
Hummus	\$0.50
Toasted	\$0.20

Salad Box

Delicious and healthy salad box - base salad includes lettuce, tomato, grated carrot and cucumber - choose your extras:	\$4.00
Avocado	\$1.00
Cheese, Chicken, Egg or Ham	\$1.20
Tuna or Falafel	\$1.50
Hummus	\$0.50
Beetroot, Baby Spinach or Italian Salad Dressing	\$0.30

EVERYDAY MEAL DEAL:

Choose a Sandwich (any filling), Juice Popper and Piece of Fruit/Carrot Sticks or veggie pack	\$6.00
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See reverse for Sushi options and more!

Hot Lunch Specials

MONDAY

Macaroni Cheese	\$4.50
Add bacon or Gluten Free Pasta	+\$0.50
Sausage Roll or Veggie Sausage Roll (contains egg)	\$4.00

TUESDAY

Slice of stone baked Cheese & Tomato pizza (with canteen made pizza sauce & cheese)	\$2.00
Slice of stone baked Hawaiian Pizza (with canteen made pizza sauce, cheese, ham & pineapple)	\$2.50

WEDNESDAY

Butter Chicken with Basmati Rice	\$5.00
Sausage Roll or Veggie Sausage Roll (V) (contains egg)	\$4.00
Macaroni Cheese	\$4.50
Add bacon or Gluten Free Pasta	+\$0.50

THURSDAY

Burger Day - choice of beef, chicken or veggie burger with lettuce and choice of tom or bbq sauce or mayo	\$5.00
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FRIDAY

Sausage Roll or Veggie Sausage Roll (V) (contains egg)	\$4.00
Tomato Sauce	+\$0.30

Everyday Hot Food

Corn on the cob (GF) (V)	\$1.00
Garlic Bread (V)	\$1.00
Pasta Bolognaise	\$4.50
Pasta Napoli (tomato based sauce) (V)	\$4.50
Plain Pasta	\$2.00
Gluten Free Pasta	+\$0.50
Cheese	+\$0.50
Paper Bag	\$0.20

To order, go to www.flexischools.com.au or order at the canteen counter 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

Sushi (Wednesdays & Fridays)

Sushi Hand Roll:

Teriyaki Chicken, Beef Teriyaki, Salmon & Avo,

Tuna & Avo, Avo or Tuna

\$4.50

Sushi Baby Box:

Cucumber, Mixed or Tuna

\$4.50

Rice Paper Roll (2 pack)

Teriyaki chicken with lettuce and noodles

\$7.00

Salmon with lettuce and noodles

\$7.00

Tuna with lettuce and noodles

\$7.00

Rice Paper Roll (single)

Teriyaki chicken with lettuce and noodles

\$3.50

Salmon with lettuce and noodles

\$3.50

Tuna with lettuce and noodles

\$3.50

Snacks

5 rice crackers (GF) (V)

\$0.30

4 rice crackers with cheese (GF) (V)

\$1.00

Arrowroot Biscuit x 1

\$0.10

Banana Bread - 1 Slice (V)

\$1.50

Banana Bread - 1/2 Slice (V)

\$0.80

Bread Stick x 1 (V)

\$0.20

Carrot sticks (5) (GF) (V)

\$0.40

Fruit Muffin (V)

\$1.50

Gingerbread Babies

\$1.00

Greek yoghurt (GF) (V)

\$1.00

Greek yoghurt & mango puree (GF) (V)

\$1.50

Greek yoghurt & berries (GF) (V)

\$1.50

Greek yoghurt & honey (GF) (V)

\$1.20

Greek yoghurt with berries & honey (GF) (V)

\$1.70

Hardboiled Egg (GF) (V)

\$1.00

Hummus and Rice Crackers

\$0.60

Hummus and veggie sticks

\$1.20

Piece of fresh Fruit: Apple, Banana, Orange, Mandarin

\$1.00

Popcorn - Salted, BBQ or Chicken flavour

\$1.00

Veggie Pack (carrot, celery, capsicum & cucumber sticks & cherry tomatoes) (GF) (V)

\$1.00

Paper Bag

\$0.20

RECESS SPECIALS - PRE ORDER AVAILABLE

Cheese on Toast

\$0.70

Cheesey Bread Ball (GF) (V)

\$0.50

Cookie of the Day

\$0.50

Garlic Bread

\$1.00

Hash Brown (V)

\$0.80

Pork Dim Sim or Veggie Gyoza

\$0.50

Drinks:

Hot Chocolate

\$2.00

Banana Smoothie (Mon and Thurs only)

\$2.00

Berry Smoothie (Tues and Fri only)

\$2.00

Frozen Treats

Frozen Fruit: (GF) (V)

Pineapple slice

\$0.30

Watermelon slice

\$0.30

Frozen orange, pineapple or apple juice cup (99%) (GF) (V)

\$0.80

Canteen Made ice block - flavour varies (GF) (V)

\$0.40

Icy Twist

\$1.50

Quelch Stick - 99% Fruit

\$0.50

Frozen Yoghurt (mango & watermelon or strawberry & vanilla)

\$2.00

Moosies (chocolate or strawberry)

\$1.50

Drinks

Bottled Water

\$2.00

Flavoured Milk (Strawberry & Chocolate)

\$2.00

Juice Popper (Orange, Apple & Blackcurrant, Apple)

\$1.50

Nudie Popper (Orange, Apple, Tropical)

\$2.00

Smoothie of the Day

\$2.00

HELP NEEDED IN THE CANTEEN

Can you spare a few hours a term to help out in the canteen?

No experience is needed, come and join our friendly team, training and lunch provided; your kids will love seeing you in the canteen.

Contact Robyn or Kerry on manlyvalepscanteen@gmail.com if you are interested.

Manly Vale Public School

Learning Together to Create the Future

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