

## Sushi Wednesdays & Fridays

### Sushi Hand Rolls:

Avocado, Salmon & Avo, Teriyaki  
Beef, Teriyaki Chicken, Tuna &  
Avo or Tuna \$4.00

### Sushi Baby Boxes (9 pieces):

Cucumber, Tuna or \$4.00  
Mixed Box (3 avo, 3 cucumber & 3  
tuna)

### Rice Paper Rolls:

Salmon with lettuce & noodles  
Teriyaki Chicken with lettuce &  
noodles

Tuna with lettuce and noodle

Single Pack \$3.50  
Double Pack \$6.80

## Snacks

Apple Slinky \$1.00  
Apple, Banana or quartered Orange \$1.00  
Arrowroot Biscuit 10c  
Banana Bread \$1.50  
Banana Bread 1/2 slice 80c  
Bread Stick 20c  
Carrot Sticks (5) 40c  
Fruit Muffin \$1.50  
Greek Yoghurt \$1.00  
Greek Yoghurt & berries \$1.50  
Greek Yoghurt & honey \$1.50  
Hard Boiled Egg \$1.00  
Hummus with 6 rice crackers 60c  
Hummus with Veggie sticks \$1.20  
Popcorn (bbq, chicken or salted) \$1.00  
Rice Crackers x 5 30c  
Rice Crackers & Cheese x 4 \$1.00  
Veggie Sticks (Cucumber, Capsicum, \$1.00  
Carrot & Celery)



## Recess Specials

Cheesy Bread Ball 50c  
Cookie of the Day 50c  
Fruit on a Stick 80c  
Hash Brown 80c  
Pikelet 50c  
Smoothie - banana (Mon&Thu) \$2.00  
Smoothie - berry (Tue) \$2.00  
Smoothie - Mango (Wed&Fri) Ops \$2.00

## Frozen Treats

Canteen Made Iceblock 40c  
Frozen Juice Cup (99% juice) 80c  
Frozen Pineapple 30c  
Frozen Watermelon 30c  
Juicie \$1.50  
Moosie \$1.50  
Quelch Stick (99% juice) 50c  
Slushie - canteen made \$2.00  
Twisted Frozen Yoghurt \$2.00

## Drinks

Bottled Water \$2.00  
Flavoured Milk (choc or strawberry) \$2.00  
Juice Popper (apple, app&b.currant \$1.50  
Nudie Juice Popper \$2.00  
Smoothie of the day \$2.00

Paper Bag 20c

## Help needed in the Canteen

Can you spare a few hours each term to help out?  
No experience needed, come and join our friendly  
team, training and lunch provided; your kids will  
love seeing you in the canteen.  
Please contact Robyn or Kerry on  
[manlyvalepscanteen@gmail.com](mailto:manlyvalepscanteen@gmail.com) if you are  
interested.



# Manly Vale Public School

## Red Owl Canteen Menu

### Term 1 2019

#### Sandwiches

Cheese, Chicken, Egg, Falafel, Ham or Salad	\$4.00
Ham & Cheese	\$4.50
Tuna	\$3.50
Vegemite or Honey	\$2.50
Roll or Wrap	+50c
Gluten Free Bread	+80c

#### Extras

Avocado	80c
Baby spinach, beetroot, carrot, cucumber, lettuce or tomato	30c
Hummus	50c
Mayo	20c
Salad ( lettuce, tomato, cucumber & carrot)	\$1.00
Toasted	20c

#### Salad Boxes

Delicious and healthy salad boxes - basic salad includes lettuce, tomato, cucumber & grated carrot - choose extras	\$4.00
Avocado, cheese, chicken, egg or ham	\$1.00
Baby spinach, beetroot, Italian dressing or Mayo	30c
Hummus	50c
Falafel or tuna	\$1.50

#### Bento boxes

Choose a Sandwich or wrap plus choose 1 from each of the following sections:	\$6.00
a. carrot sticks or veggie pack	
b. 5 rice crackers & cheese or a mini muffin	
c. apple slinky, orange quartered or chopped watermelon	

#### Hot Food

Corn on the cob	\$1.00
Garlic Bread	\$1.00
Pasta Bolognaise	\$4.50
Pasta Napoli (tomato sauce)	\$4.50
Plain Pasta	\$2.00
Gluten Free pasta	+50c
Cheese	+50c

(Mon, Wed, Fri)	
Sausage Roll (contains egg)	\$4.00
Veggie Sausage Roll (contains egg)	\$4.00

#### Monday

6 Pork Dumplings with veggie sticks	\$4.50
4 Veggie Dumplings with veggie sticks	\$4.50

#### Tuesday

Slice of canteen made Cheese and Tomato Pizza	\$2.00
Slice of canteen made Hawaiian Pizza	\$2.50

#### Wednesday

Tasty Chicken Tender Wrap with shredded lettuce and choice of sauce	\$5.00
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#### Thursday

Beef Burrito with lettuce, tomato and cheese	\$5.00
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**See reverse for Sushi options, snacks and lots more**