



# Manly Vale Public School

## Red Owl Canteen Menu

### Term 2 2019

#### Sandwiches

Cheese, Chicken, Egg, Falafel, Ham & Cheese, Tuna or Salad	\$4.00
Ham or Cheese	\$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

#### Everyday Meal Deal

Choose a Sandwich or wrap plus choose :	\$6.00
a. carrot sticks, veggie pack, apple slinky, quartered orange or banana.	
b. Juice popper - apple, apple & blackcurrant, orange or tropical.	

#### 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
Butter	+20c

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

#### Monday

Pasta Bolognaise	\$4.50
Pasta with Napoli Sauce (tomato)	\$4.50
Pasta with Nut Free Pesto (contains sunflower seeds)	\$4.50
Butter	+20c
Cheese	+50c
Gluten Free Pasta	+50c

#### Tuesday

Hot Sub Roll with choice of filling: Cheese, Chicken, Ham, Sliced Tomato or Pineapple	
1 filling	\$4.00
2 fillings	\$4.50
3 fillings	\$5.00

#### Wednesday

Beef Burger with Tomato, Lettuce and choice of sauce	\$5.00
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#### Thursday

Butter Chicken with Basmati Rice	\$5.00
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See reverse for Sushi options, snacks and lots more



## Sushi Wednesdays & Fridays

### Sushi Hand Rolls:

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

### 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  
Bliss Ball (contains sunflower seeds) \$1.00  
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  
Mini Fruit Muffin 50c  
Popcorn (bbq, chicken or salted) \$1.00  
Rice Crackers x 5 20c  
Rice Crackers & Cheese x 4 \$1.00  
Veggie Sticks (Cucumber, Capsicum, Carrot & Celery) \$1.00



## Recess

Cookie of the Day 50c  
Hash Brown 80c  
Hot Chocolate \$1.00  
Pikelet 50c  
Smoothie - banana (Mon&Thu) \$2.00  
Smoothie - berry (Tue) \$2.00  
Smoothie - Mango (Wed&Fri) \$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  
Twisted Frozen Yoghurt \$2.00

## Drinks

Bottled Water \$2.00  
Emma & Tom's Flavoured Milk \$2.00  
(choc or strawberry)  
Juice Popper (apple, app&b.currant, orange or tropical) \$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.