



# Manly Vale Public School

## Red Owl Canteen Menu

### Term 4 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, banana or watermelon chunk.	
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

6 Pork Dumplings with Veggie Sticks and choice of Sweet Chili or Soy Sauce	\$4.50
4 Veggie Dumplings with Veggie Sticks and choice of Sweet Chili or Soy Sauce	\$4.50

#### Tuesday

1 slice of stone baked Cheese and Tomato pizza with homemade pizza sauce	\$2.00
1 slice of stone baked Ham and Pineapple Pizza with homemade pizza sauce	\$2.50

#### Wednesday

Beef Burrito with Cheese, lettuce and diced tomato	\$5.00
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#### Thursday

Crispy Chicken wrap with lettuce, grated carrot and choice of sauce	\$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):

Avocado, 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, Mandarin 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
Greek Yoghurt & berries & honey	\$1.80
Greek Yoghurt with Mango	\$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
Smoothie of the day- Banana, Berry or Mango	\$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 (choc or strawberry)	\$2.00
Emma & Tom's Juice (apple or orange)	\$2.20
Emma & Tom's Smoothie (karmararma or green power)	\$2.20
Juice Popper (apple, app&b.currant, orange or tropical)	\$1.50
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.