

Rosanna Golf Links PS Canteen Menu - Summer 2018



THE PREFERRED OPTION FOR ORDERING A LUNCH ORDER FROM THE CANTEEN IS ONLINE

Visit www.flexischools.com.au and register to use the easy online service.

As a backup option where you are unable to place an order online, we will accept lunch orders on paper bags on **Monday** and **Wednesday**. **Friday is Flexischool only.**

Sandwich Bar



Vegemite	\$2.00
Low fat cheese	\$2.60
Egg	\$3.00
Ham	\$3.30
Tuna	\$4.30
Ham, cheese and tomato	\$4.20
Chicken	\$4.20
Salad*	\$4.50
Ham and salad*	\$5.70
Chicken with salad*	\$6.20
Tuna and salad*	\$6.50

* lettuce, cucumber, tomato, carrot, low fat cheese

**All sandwiches are made on wholemeal bread. White or multigrain on request.

Roll or Wrap60

SALAD BOX (with knife and fork)

Lettuce, celery, carrot, cucumber, tomato, cheese	\$5.20
add Italian or balsamic dressing	.30

Make your own combination/extra fillings

Bread and butter	\$2.00
Tuna	\$2.10
Chicken	\$2.00
Ham	\$1.50
Beetroot, pineapple, cheese	.60 each
Egg	\$1 each
Tomato, cucumber, lettuce, carrot, celery	.40 each
Mayonnaise	.30

Hot Food



Chicken Roll	\$5.00
add cheese	.60 each
add mayonnaise	.30 each
Ham and Cheese Roll	\$4.50
Vegetarian Fried Rice - (gluten free)	\$5.00
Corn on the Cob	\$1.20
Nacho Dippers	\$4.70
Beefie Burger (with lettuce, tomato, cheese and tomato sauce)	\$5.00
add pineapple	.60 each
add beetroot	.60 each
6 Nuggets	\$4.80
3 Nuggets	\$2.80
add bunny box (lettuce, cucumber, carrot, tomato)	\$2.20
Lite Party Pie	\$1.60
Pizza (Hawaiian, Margarita)	\$4.70
Gluten free Nuggets 6	\$5.30

Summer Snacks



(COUNTER SALES/PICKUP ONLY)

Veggie & Cheese Sticks	\$1.20
Boiled egg	\$1.00
Frozen Yoghurt (strawberry)	\$1.60
Frozen Pineapple	.70
Frozen Quelch Tube	.70
Steamed Dim Sim	\$1.00
Icy Twist	\$1.30
Calippo Mini	\$1.30
Paddle Pops	\$1.70
Shaky Shake	\$2.10

Snacks



(COUNTER SALES/ORDER ONLY)

Grainwaves (sour cream & chives)	\$1.60
Popcorn (butter, cheese)	\$1.60
Redrock Chips (sea salt, honey & soy)	\$1.60
RGLPS own Mini Muffin (blueberry, apple, banana)	\$1.20
Gingerbread Man	\$2.00
Tiny Teddies	\$1.50
RGLPS Jelly and Fruit cups	\$1.30
Piranha's Gluten Free Crackers (B.B.Q. Cheese, Salt & Vinegar, Honey Soy, Italian Supreme)	\$1.60

Drinks



Cool Ridge Water	\$1.60
Flavoured Milk (chocolate, strawberry)	\$2.30
Up and Go (banana, chocolate, vanilla, strawberry, caramel)	\$2.30
Fruit Box (orange, apple, paradise punch)	\$1.80
Focis Water (lemonade, fruit tingle, raspberry)	\$2.30
Lightly Sparking (lime, berry)	\$2.60

Summer Specials



Butter Chicken and Rice	\$5.00
Spinach and Ricotta Cannelloni	\$5.00

RED FOOD = OCCASIONAL FOOD • AMBER FOOD = SELECT CAREFULLY • GREEN FOOD = EVERY DAY FOOD

Extras

Sauce on request	tomato or soy	FREE
	sweet and sour	.40 each

