

Rosanna Golf Links PS Canteen Menu - Summer 2020



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	\$2.20
Low fat cheese	\$2.90
Egg	\$3.20
Ham	\$3.50
Tuna	\$4.50
Ham, cheese and tomato	\$4.50
Chicken	\$4.40
Salad*	\$4.80
Ham and salad*	\$6.00
Chicken with salad*	\$6.50
Tuna and salad*	\$6.80

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

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

Roll or Wrap

.60

SALAD BOX (with knife and fork)

Lettuce, celery, carrot, cucumber, tomato, cheese	\$5.30
add Italian or balsamic dressing30

Make your own combination/extra fillings

Bread and butter	\$2.20
Tuna	\$2.10
Chicken	\$2.00
Ham	\$1.50
Beetroot, pineapple, cheese70 each
Egg	\$1.10 each
Tomato, cucumber, lettuce, carrot, celery40 each
Mayonnaise30

Hot Food



Ham and Cheese Roll	\$4.80
Vegetarian Fried Rice - (gluten free)	\$5.20
Corn on the Cob	\$1.30
Nacho Dippers - (gluten free)	\$5.50
Chicken Nuggets (6)	\$5.50
Beefie Burger (with lettuce, tomato, cheese and tomato sauce)	\$5.50
add pineapple70 each
add beetroot70 each
Chicken Wedges (4)	\$4.40
add bunny box (lettuce, cucumber, carrot, tomato)	\$2.40
Lite Party Pie	\$1.70
Pizza (Hawaiian, Margarita)	\$5.20
Gluten free Nuggets 6	\$5.70

Summer Snacks



(COUNTER SALES/PICKUP ONLY)

Carrot / Celery Sticks	\$1.30
Boiled egg	\$1.10
Frozen Yoghurt (strawberry)	\$1.70
Frozen Pineapple80
Frozen Quelch Tube80
Steamed Dim Sim	\$1.10
Icy Twist	\$1.40
Calippo Mini	\$1.40
Paddle Pops	\$2.00
Shaky Shake	\$2.30

Snacks



(COUNTER SALES/ORDER ONLY)

Grainwaves (sour cream & chives)	\$1.70
Popcorn (lightly salted)	\$1.70
Redrock Chips (sea salt, honey & soy)	\$1.70
RGLPS own Mini Muffin (blueberry, apple)	\$1.40
Gingerbread Man	\$2.20
Tiny Teddies	\$1.70
RGLPS Jelly and Fruit cups	\$1.50
Piranha's Gluten Free Crackers (B.B.Q. Cheese, Salt & Vinegar, Italian Supreme)	\$1.70

Drinks



Cool Ridge Water	\$1.70
Flavoured Milk (chocolate, strawberry)	\$2.50
Up and Go (banana, chocolate, vanilla, strawberry, caramel)	\$2.70
Fruit Box (orange, apple, Blackcurrant/Apple)	\$1.90
Focis Water (lemonade, fruit tingle, raspberry, Blackcurrant)	\$2.50
Lightly Sparking (lime, berry)	\$2.80

Summer Specials



Tropical Chicken Burger (crumbed chicken burger with coleslaw, pineapple and cheese)	\$6.00
Mayonnaise30

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

Extras

Sauce on request	tomato or soy	FREE
	sweet and sour40 each

