

Ringwood North PS Canteen Summer Menu 2023

Supadupa Sangas

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| (Wholemeal or Multigrain Bread) | |
| White High Fibre Bread | add 20c |
| Rolls or Wraps | add 50c |
| Toasted | add 50c |
| Cheese (low fat) | add 50c |
| Vegemite | 2.40 |
| Cheese (low fat) | 2.40 |
| Cheese & Tomato | 2.70 |
| Cheese & Vegemite | 2.90 |
| Egg & Lettuce | 3.00 |
| Salad (Lettuce, Tomato & Carrot) | 3.00 |
| Salad with Cheese | 3.50 |
| Ham | 3.00 |
| Ham & Cheese | 3.50 |
| Ham & Cheese & Tomato | 3.70 |
| Roast Chicken | 3.50 |
| <i>Roast Chicken, Lettuce & Mayo</i> | 4.30 |

Hoppity Hot Food

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| <i>Mac 'n' Cheese</i> | 5.00 |
| <i>Lasagne</i> | 5.00 |
| <i>Spaghetti Bolognese</i> | 5.00 |
| Neapolitan Twista Pasta (Vegetarian) | 4.50 |
| Hamburger (Lettuce & Tomato) | 4.50 |
| <i>Warm Chicken & Mayo Roll</i> | 4.20 |
| Plain Rice | 2.80 |
| Vegetable Fried Rice | 4.00 |
| Vegetable Fried Rice with Chicken | 4.50 |
| Teriyaki Chicken Rice with Vege | 4.50 |
| Stir Fried Noodles with veggie | 4.00 |
| Pastries - Cheese and spinach (2pcs) | 2.50 |
| Chinese BBQ Pork Bun | 2.50 |
| Quiche mini (2pcs) Cheese or Lorraine | 2.50 |

Drinky Drinks

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| Fruit Juice box 200ml (Apple or Orange) | 2.00 |
| Flavoured Chocolate Milk or Up&Go (Chocolate or Strawberry) | 2.20 |
| Natural Spring Water 350ml | 1.50 |
| Frozen Chocolate Milk Cup | 1.20 |
| Icy pole (fruit juice) | 1.00 |
| Frozen Jelly cup | 1.00 |
| Slush Puppie (Strawberry/Grape/Lime/Raspberry) | 2.60 |

Rocky Wraps

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| Mexicana (Chicken, Tomato, Corn, Lettuce & Salsa) | 4.50 |
| Lamb Wrap (Roast Lamb, Lettuce & Mint sauce) | 4.50 |
| Salad Wrap (Lettuce, Tomato, Cucumber, Carrot) | 4.20 |
| Hawaiian Wrap (Chicken, Lettuce and pineapple) | 4.50 |

Snacks and Fruits

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| Large Chocolate Muffins | 2.00 |
| Small Chocolate Muffins | 1.00 |
| Large Anzac Cookie (Homemade) | 2.00 |
| Small Anzac Cookie | 1.00 |
| Garlic Bread | 1.00 |
| Baked Potato Wedges (6pcs) | 1.00 |
| Rice cracker (10 pcs) | 1.00 |
| Slinky Apple | 1.40 |
| Salad Bowl | 3.50 |
| Fresh Fruit (in season) | 1.00 |
| <i>Frozen Pineapple ring</i> | 1.00 |
| <i>Frozen Strawberry stick or grapes</i> | 1.00 |
| <i>Carrot sticks (4-5pcs)</i> | 1.00 |
| <i>Cucumber sticks (4-5pcs)</i> | 1.00 |
| Mixed sticks (Carrot/Cucumber) | 1.00 |

Tantalising Tuesday

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| Sweet Chilli Tender Wraps (Chicken, Mayo & Lettuce) | 4.50 |
| <i>Pork & Vege Dumplings (6pcs)</i> | 5.00 |
| Soy sauce | 0.20 |
| Vegetarian Burger | 5.00 |
| Chicken and Vegetable Roll | 3.00 |

Wacky Wednesdays

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| Pizza Margherita or Pizza Hawaiian | 4.20 |
| Spinach and Cheese Roll (Vegetarian) | 4.50 |
| <i>Meat Pie</i> | 4.50 |
| <i>Sausage Roll</i> | 3.60 |
| Chicken Burger (Lettuce and Mayo) | 4.50 |
| Chicken Dino Nuggets & Salad | 4.00 |
| <i>Hot Dog</i> | 3.70 |
| Tomato Sauce | 0.30 |
| Dim Sim | 1.20 |