RECESS MENU	$1
Air popped popcorn	.20c
20c & $1 bags	$1.00
Fresh fruit	$1.00
Fruit cups	$1.00
Muffin/fruit	$1.00
Grain waves chips	$1.50
Honey soy chips	$1.50
Hot Chocolate	$3.00
Weekly special for Recess (see newsletter)	$1.00

HOT RECESS MENU	
Cheesie on wholemeal bread	$1.00

EXTRAS	
Toasted	.50c
Cheese	.50c
Tomato	.50c
Lettuce	.30c
Beetroot	.30c
Cucumber	.30c
Carrot	.30c

Wholemeal bread only

Lite mayonnaise & lite margarine used for sandwiches & wraps

LUNCH MENU SANDWICHES OR ROLLS	S/W $	Roll $
Vegemite	$1.80	$2.00
Chicken	$3.00	$3.20
Chicken & Salad	$4.30	$4.70
Cheese	$2.00	$2.20
Egg	$2.40	$2.60
Egg & Lettuce	$2.70	$2.90
Ham	$3.00	$3.20
Ham & Salad	$4.50	$4.70
Salad Plates	$5.00	
Ham & Chicken salad plates	$5.00	
Kids Salad Box (lettuce, shredded carrot, diced tomato, sliced cucumber, diced beetroot, cheese, ham or chicken)	$5.00	

WRAPS	
Salad wrap	$4.20
Chicken & salad wrap	$4.70
Ham & salad wrap	$4.70

All salad comprises lettuce, tomato, cucumber, carrot, cheese, beetroot & mayo (unless requested otherwise)

HOT LUNCH MENU	$
Pie (lite)	$4.00
Party Pie (lite)	$1.00
Sausage Roll (lite)	$3.00
Pizza - Cheese & Ham (canteen made)	$2.50
Fried Rice	$4.00
Chicken Tender Wrap (with lettuce & mayo, Canteen made with fresh chicken)	$3.50
Lasagne	$3.80
T-Rock Burger (with lettuce, tomato, beetroot & cheese)	$5.00
Awesome Grilled Chicken Burger (lettuce, mayo, beetroot, cheese, carrot & cucumber)	$5.50
EXTRAS	
Meal Deal Special Soup + Bread roll	$4.00
Weekly Special Wrap	$5.00
Weekly Special for Lunch (see newsletter)	$5.00

TOASTED SANDWICHES & KEBABS	
Chicken & cheese	$4.20
Chicken, cheese & tomato	$4.50
Ham & cheese	$4.20
Ham, cheese & tomato	$4.50
15.08.2018	

DRINKS & FROZEN ITEMS	$
Bottled Water 600ml	$1.50
Fruit Boxes - Just Juice 99%	$2.00
Moo Milk Straw - choc & straw.=	$2.00
Glee (Bubble Gum, Rock n Raspberry, Tropical & Apple/Currant 99% fruit)	$2.50

ICE BLOCKS & ICE CREAMS	
Quelch fruit stix 100% fruit	.50c
Slushies	$3.00
Moosie - Chocolate	$1.00
Moosie - Bubblegum	$1.00
Juicies - orange, wildberry & tropical	$1.00

Food items which are everyday will be printed in green and food items which are occasional foods will be printed in black.

Have you considered helping out for an hour or two in the mornings. Its your choice of days and how often you are available. The children love to see familiar faces in our Canteen. T-Rock Lunchbox operates on Wednesday, Thursday and Fridays. All help is greatly appreciated.

LUNCH BAGS .20
SPOONS .10
FORKS .10

NO CREDIT WILL BE GIVEN

- ☞ Please ensure Name, Class, Order and Amount enclosed is clearly written on a clean lunch bag. See below.
- ☞ If you do not have a bag, they are available for **20c.**
- ☞ Correct money is helpful, however, any change will be taped to the lunch bag.
- ☞ Orders to be placed in the Lunch Letterbox at the Canteen before 9.00am.
- ☞ All hot recess food **MUST BE PRE-ORDERED**.
- ☞ Any price or menu changes will be advertised in the school

NB: Please write on bottom half of the bag.

Name: John Smith
Class: Year 6
Lunch
1 Chicken burger $5.00
1 Water $1.50
                          Total $6.50
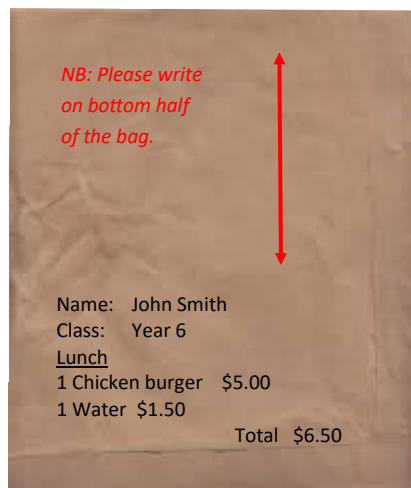
HOW TO ORDER YOUR CHILDS LUNCH

Please use a *separate bag for each child's order*.

Brown paper bags are available
very cheaply at the supermarket.
Please do not send orders in plastic bags.

Thank you for your co-operation.

DUE TO HEALTH REGULATIONS, FOOD BROUGHT TO SCHOOL FROM HOME WILL NOT BE RE-HEATED.

REFUND POLICY
If your child goes home sick from school (and has a lunch order),
please contact the Canteen. If the lunch has not been prepared,
a refund will be offered or lunch made available to be taken home.
No refunds will be given for prepared food items.
The same refund policy applies for foods ordered for

*If you can spare a few hours a week/fortnight/month to help,
please contact Kim on 69202132.*

THE ROCK CENTRAL SCHOOL

CANTEEN PRICE LIST

2018

THE ROCK CENTRAL SCHOOL SUPPORTS THE
NSW HEALTHY CANTEEN STRATEGY

TRADING DAYS
Wednesday, Thursday & Friday
lunch 11.10 - 11.40am
recess 1.40 - 2.00pm

MANAGER
Kim Leaver