

*Yummy!*

# CANTEEN MENU

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V = Vegetarian  
DF = Dairy Free  
GF = Gluten Free

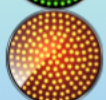
## MRS MAC'S HOT PASTRIES

BEEF PIE	✓	\$4.50
SAUSAGE ROLL	✓	\$3.95
SPINACH & RICOTTA ROLL	✓	\$3.95
MINI BEEF PIE	✓	\$1.60
Tomato Sauce	✓	50c

### WA SCHOOL CANTEEN TRAFFIC LIGHT SYSTEM



**GREEN**=everyday  
healthy choice foods



**AMBER**=sometimes but  
not everyday foods



**RED**=not recommended  
foods

\*There are no **RED** food choices on  
our Richmond Primary School  
Canteen Menu

## PASTA

**\*\*MADE IN HOUSE\*\***

**PASTA BOLOGNESE** ✓ \$5.50

Beef mince sauce, with  
lots of veggies

**PASTA BOLOGNESE** ✓ \$5.50

GF

**MACARONI CHEESE** ✓ \$5.00

V

**MACARONI CHEESE** ✓ \$5.50

GF

## NACHOS

**\*\*MADE IN HOUSE\*\***

Toasted Corn Chips	✓	Sml - \$4.50
topped with Salsa	✓	Lrg - \$5.50
and Melted Cheese		GF

## SANDWICHES & WRAPS

**SANDWICHES & WRAPS** ✓ \$2.75-\$5.50

Wholemeal sliced bread  
filling choices: Vegemite/Cheese  
Salad/Ham/Chicken/Tuna/Mayo  
no Butter unless with Vegemite

**TOASTED SANDWICHES** ✓ add 50c

Options available-as above

**CHICKEN STRIP SUB** ✓ \$4.20

Chicken Strip, lettuce, mayo  
in a small Hot Dog Roll

## FRIDAY SPECIALS

### MINI PIZZA

**\*\*MADE IN HOUSE\*\***

CHEESE	✓	\$3.00
PINEAPPLE & CHEESE	✓	\$3.50
HAM & CHEESE	✓	\$4.00
HAM, CHEESE & PINEAPPLE	✓	\$4.50

## SUSHI HAND ROLLS

**\*\*LIMITED ORDERS-ORDER EARLY\*\***

TERIYAKI CHICKEN & CUCUMBER	✓	\$4.20
TERIYAKI CHICKEN & AVOCADO	✓	\$4.20
COOKED TUNA & CUCUMBER/MAYO	✓	\$4.20
AVOCADO & CUCUMBER	✓	\$4.20

## WEDNESDAY SPECIALS

**\*\*OPTIONS CHANGE EACH TERM\*\***

**SUSHI HAND ROLLS** ✓ \$4.20

**TOASTED PITTA** ✓ \$3.50

Spinach & Fetta

+Add Chicken ✓ \$1.00

**MEATBALL SUB** ✓ \$4.20

Beef Meatballs topped

Napolitana Sauce

+Add Cheese ✓ 50c



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## Recess WARM FOOD

**CHESSIE** ✓ \$2.00

Toasted melted cheese on  
1/2 a wholemeal roll

**BANANA BREAD** ✓ \$2.80

Made in house or Woolworths Brand  
GF option when available

**GARLIC BREAD** ✓ \$2.00

Whole soft white Dinner Roll with  
Garlic & Herbs from the School Garden

**CHICKEN STRIP** ✓ \$2.75

Steggles sweet chilli chicken tender

## Recess TASTY SNACKS

**PRETZELS** ✓ \$1.30

Salted Pretzels - mini bag

**POPCORN** ✓ \$1.80

Air popped, pre-packaged  
& lightly salted

**PIRHANA SNAPS** ✓ \$1.80

Vege Soy Chip Snack BBQ  
& Light & Tangy Salsa Flavour

**GRAIN WAVES** ✓ \$1.80

Sour Cream & Chives

## Recess SWEET RECESS

**HONEY JOYS** ✓ \$1.00

Classic Cornflakes with honey  
butter & sugar. Made in House

**BLISS BALLS** ✓ \$1.00

Flavours will vary. Made in house

**SWEET MUFFIN** ✓ \$3.00

Options will vary. DF option available  
Low sugar with part-whole meal flour

**CHOCOLATE & RASPBERRY** ✓ \$3.00

**BROWNIE**

Made in House.  
topped with real Raspberries

## Recess HEALTHY CHOICES

**HUMMUS & CARROT STICKS** ✓ \$2.75

YUMI'S Hummus with  
Fresh Carrot Sticks GF/DF

**YOGHURT CUP** ✓ \$3.00

Vanilla Greek Yoghurt with a layer  
of Mixed Berries & topped  
with Granola, GF, contains oats

**FRUIT SALAD CUP** ✓ \$3.00

Add Yoghurt or Custard

60c

**CUSTARD CUP** ✓ \$2.40

1/2 cup of vanilla custard topped  
with fresh fruit  
Egg free & 97% fat free

## COLD TREATS

**\*\*FRIDAYS ONLY\*\***

**JUICIES** ✓ \$2.70

All natural 99% fruit juice icy pole in a tube.  
No added sugar. Made in New Zealand.

**TWISTED FROZEN YOGHURT** ✓ \$2.50

All natural ingredients with probiotics  
various flavours to choose from.

**BULLA VANILLA ICE CREAM CUP** ✓ \$2.30

97% fat-free

## DRINKS

**CHOCOLATE MILK** ✓ \$2.50

**STRAWBERRY MILK** ✓ \$2.50

**NUDIE 100% JUICE** ✓ \$2.40

Apple, Orange or Tropical

**SPARKLING WATER** ✓ \$1.50

**GLEE SPARKLING FRUIT JUICE** ✓ \$2.20

Blackcurrant & Raspberry flavour/mini can