

St Raphael's School P A R K S I D E

Winter Men Term 3 20

Sandwiches

Sandwiches are made using wholemeal bread (gluten free available). Butter is included on all sandwiches unless otherwise specified.

	Ham	3.50
	Cheese	3.50
Optional addition		
	Cheese	0.50
	Lettuce	0.50
	Carrot	0.50
	Cucumber	0.50
	Tomato sauce	0.30

MayonnaiseMustard

Toasties

Cheese
Ham & cheese



Download our **Qkr!** App and order direct from our Canteen.

Hot food

	Chicken burger with mayonnaise and lettuce	5.00
-	Fish burger with mayonnaise, lettuce and che	5.00 eese
	Pizza sub	5.00
	Sausage roll	2.00
	Mac n cheese	5.00
	Sausage dog	5.00
	Sausage dog (half)	2.50
	Chicken tender	3.00
	Lasagne	6.00
	Ham & cheese scroll	1.50
	Chicken & veg pie	3.00
•	Egg & bacon pie	2.00

Drinks

Nudie juice (Apple or Trop		C
Milkshakes of the second se	Chocolate 2.00	C
Chilled Milo	2.00	C
Hot chocolat	te 2.00	C

Snacks

Red Rock plain chips GF	1.50
Red Rock honey soy chicken	1.50
Red Rock sweet chilli & sour crean	n 1.50
Vgood chickpea twists	1.50
Corntos GF	1.50
Muffins	1.60
Choc chip cookie	1.00
Brekky munch GF	0.60
Popcorn plain GF	1.00
Fruit nuggets GF	0.50

Cold treats

Yoghurt ice block	1.50
Lemonade ice block	1.00
Vanilla ice cream cup <i>GF</i>	1.00
📕 = Eat mostly 📕 = Eat mo	derately

= Eat less

GF = Gluten free

Canteen information

• Our canteen is open from 9:00am-1:30pm Thursday and Friday

0.30

0.30

3.50

4.00

- Lunch bags available for sale 10c each
- Place lunch orders in basket in the morning (name and class clearly marked)
- Food brought from home cannot be reheated at the canteen
- If your child is missing their lunch they will be provided with a healthy lunch and the cost sent home for payment next day
- Whilst every effort is made to ensure all allergy markers are up to date St Raphael's School cannot guarantee that allergens may not be present in the product.

The canteen can only remain open with the support of volunteers. To volunteer please contact: Emma: <u>EMAlexander@raph.catholic.edu.au</u> School office: <u>info@raph.catholic.edu.au</u> 08 8272 2368