

Rosary Primary School Canteen Menu Term 1 2020

Canteen & Homecooking menus are available on the school website, in the "notes & forms" section.

Hot Food

Meatball Sub	\$5.00
Healthy, homemade meatballs, napolitan sauce & grated cheese served hot, on a soft hotdog roll	
Chicken Wrap	\$5.00
Roast chicken, salsa, lettuce, grated cheese & light sour cream	
Taco Wrap	\$5.00
Homemade, lean beef mince, taco sauce, grated cheese, lettuce & light sour cream	
Pasta Bolognese	\$5.50
Homemade, lean beef mince, tomatoes, onions, finely grated carrot & zucchini, fresh herbs & grated cheese	
Pasta Napolitana	\$5.00
Tomato and vegetable pasta sauce, fresh herbs & grated cheese	
Cheesy Pasta	\$4.50
Butter, grated cheese and salt	

Lunch Specials \$5.50

available **Tues, Wed, & Thursdays**

Lasagna - lean mince beef, tomatoes, onions, finely grated carrot & zucchini, fresh herbs & grated cheese, potatoes, onions, tomatoes, capsicum cream, butter & fresh herbs

Vegetarian Lasagna - spinach, ricotta cheese tomatoes, onions, & fresh herbs

Fried Rice - Rice, corn, carrot, peas, garlic, onion, egg & soy sauce. With choice of adding bacon or chicken on request.

Beef Teriyaki Noodle Box - Lean beef, stir fried with vegetables, onions, noodles with teriyaki sauce

(available term 3 & 4) **Butter Chicken & Rice**

Lean chicken, potatoes, onions, tomatoes, capsicum, cream, & butter

Burgers

Chicken Burger	\$5.00
Homemade chicken mince patty, lettuce & mayo on soft hamburger bun	
Chicken & Salad	\$5.50
homemade chicken mince patty, lettuce, mayo, tomato, cheese & tomato sauce on soft hamburger bun	
Mexican Burger	\$5.00
homemade chicken mince patty, lettuce, sweet chilli sauce & light sour cream on soft hamburger bun	
Beef & Salad	\$5.50
Homemade lean mince beef patty, lettuce, mayo, tomato, cheese & tomato sauce on soft hamburger bun	
Beef & Cheese	\$5.00
Homemade lean mince beef patty & cheese on soft hamburger bun	

NB All patties contain finely grated carrot & zucchini

Occasional Foods

Pizza	\$3.80
Ham & pineapple or cheese & bacon	
Pies	
Potato top pie	\$4.20
Plain	\$3.80
Mini pies x2	\$2.80
Sausage Rolls	
Aussie	\$3.20
King	\$3.80
Mini sausage rolls x2	\$2.80
Chicken Nuggets	\$3.80
Hot Dogs	\$2.50
Add cheese	\$.50
Hash browns	\$1.00
Spring Rolls	\$3.80
sweet chilli sauce	\$.50
Garlic Bread	\$1.50
Mini Garlic Bread	.80

Sandwiches & Wraps

Wholemeal, white, multigrain & GF free bread also available on request.

Sandwich Cut Out Shapes - Dinosaurs, stars or hearts

Cheese & Salad	\$3.50
Ham & Salad	\$3.50
Cheese & Tomato	\$3.50
Ham & Cheese	\$3.00
Tuna & Mayo	\$3.50
Tuna & Salad	\$3.50
Egg & Mayo	\$3.50
Egg & Lettuce	\$3.50
Roast Chicken and Mayo	\$3.50
Roast Chicken and Salad	\$3.50
Salami, Tomato & Cheese	\$3.50
Baked Beans & Cheese	\$3.50
Vegemite, Jam or Honey	\$2.50
Extras: Add Salad -lettuce, cucumber & tomato	\$1.00
Add: Tomato, cheese, cucumber, carrot, beetroot, avocado, pineapple or lettuce - 50 cents each	
Add: Wrap - \$1.00 GF bread -\$1.00	

Please see over for page 2

Salads Fruits & Vegetables

Garden Salad	\$4.50
Lettuce, cucumber, grated carrot, corn & tomato	
Add: Roast chicken, tuna, ham or egg - \$1.00	
With French or balsamic dressing	
Caesar Salad	\$5.00
Lettuce, egg, bacon & parmesan cheese	
With Caesar dressing	
Fruit Salad small	\$2.50 large \$4.50
Seasonal fruit - eg. watermelon, orange, pineapple, peach, grapes, kiwi fruit, rockmelon, pear, passionfruit, apple	
Piece of Fresh Seasonal Fruit	\$1.00
Apple, pear, orange	
Veggie Sticks	
Carrot sticks	\$1.00
Celery sticks	\$1.00
Cucumber sticks	\$1.00
Add hummus dip	\$.50

Recess and Lunch Snacks

Fresh Fruit	\$1.00
Apple, Orange or Pear	
Fruit Salad (please order in the a.m)	\$2.50
Yoghurt & Fruit (pls order in the a.m)	
sm all	\$1.00
large	\$2.00
Cheesy Pasta Cup	\$1.00
pasta with butter, cheese & salt	
Muffins -Choc chip or Fruit	\$1.00
Cookies - choc chip	\$1.00
Cupcakes (Wednesdays)	\$1.00
Fruit Ice Blocks	\$1.00
99% Fruit Juice	
Milk Shots	\$1.00
Frozen Chocolate or Strawberry Milk	
Frozen yoghurt - twisted	\$2.80
Mango & Watermelon, Strawberry & Vanilla bean or Chocolate & vanilla	
Bulla Frozen Yoghurt	\$2.80
Jelly 200ml	\$1.50
Fruit Juice Jelly 100ml	\$1.00
Chips - Red Rock Deli	\$1.80
Sea Salt or Honey Soy Chicken	
JJ's	\$1.80
Pizza, Chicken or Salt & Vinegar	
Popcorn	\$1.00
\$1.00	
Cheese & Crackers	\$1.00
Ovalteenies	\$1.00
Recess Specials on occasions - slices, mini quiches, marshmallow and fruit sticks	\$1-2.00
Ice cream served in cones Fridays	\$1.00

Nachos \$5.00

Nachos not available Fridays

Lean mince beef, finely grated veggies, onions & tomatoes, on low salt corn chips with grated cheese & sour light cream

Vegetarian Nachos \$5.00

Mild tomato salsa on low salt corn chips with grated cheese & light sour cream

Drinks

Water 300 ml	\$2.00
Fruit Smoothies	\$3.00
Berry Boost	
-Mixed Berries, Lite Milk, Vanilla Yoghurt, & Sorbet	
Banana Blast	
Bananas, Honey, Lite Milk, Vanilla Yoghurt & Sorbet	
Mango & Peach	
Mango, Peach, Lite Milk, Vanilla Yoghurt & Mango Sorbet,	
Plain Milk	\$2.00
Flavoured Milk	\$2.80
Chocolate, Strawberry, Vanilla Malt. 300ml	
Juice 99% Juice 250ml	\$2.50
Orange, Apple, Apple & Blackcurrant	
Fruit Box 200ml	\$1.50
Orange, Apple, Apple & Blackcurrant	
Juice Bombs	\$2.80
99-100% Juice, no nasties, no added sugar. Slightly carbonated. 2 serves of fruit each can.	
Watermelon, Orange Passionfruit, Grape, Blackcurrant, Raspberry, Vanilla Lime & Apple Cola	
Quench Drinks	\$2.80
Carbonated, 70% less sugar	
Blue Heaven or Apple & Raspberry	
Iced Tea	\$3.90

We have a healthy variety of nutritious, guilt free lunches that give your children good energy for learning and play. We have moved away from the "once a week processed treat" canteen. We are happy to make your children's lunches each day, so busy parents have more family time.

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