



RUSKIN PARK PRIMARY SCHOOL

A LA CARTE MENU Year 2017 (Term 3 & 4)

The Canteen is open on
FRIDAY
for lunch orders.

Telephone (03) 9723 3886
Email: ruskin.park.ps@edumail.vic.gov.au

Canteen Manager: Maria Brown

Please Note:
Parents are asked to note any allergies with their child's order.

Menu items may change depending on demand.
Please check the school canteen menu every term.

GF - Gluten Free
V - Vegetarian
(Some foods contain herbs & spices.)

Payment for lunch orders are requested as exact amounts.
Change cannot be provided. Thank you.

1. SANDWICHES & ROLLS

[All sandwiches made on **Wholemeal bread** and all rolls made on **White roll**]

	HOT JAFFLES	
V	1.01.1. Vegemite & Cheese	\$ 2.00
V	1.01.2. Tuna & Cheese	\$ 3.50
	1.01.3. Ham & Cheese	\$ 3.50
V	1.02. Egg & Lettuce	\$ 3.00
V	1.03. Cheese & Salads [Lettuce, Cucumber, Tomato]	\$ 3.50
	1.04. Roasted Chicken & Salads [Lettuce & Tomato]	\$ 4.00
GF	1.05. Frankfurt Hot Dog [with roll & Tomato Sauce]	\$ 3.00
	[GF roll available on request]	
	1.06. Chicken Burger	\$ 4.50
	[Lettuce, Tomato with Tomato Sauce]	

2. SALADS

GF/V	2.1. Mediterranean Greek Salad with Dressing	\$ 3.50
	[Feta Cheese, Spinach, Tomato, Cucumber, Olive]	
GF/V	2.2. Steamed Vegetables	\$ 3.50
	[Broccoli, Cauliflower, Carrots, Green Beans, Corns]	
	2.3. Summer's Day Salad with Low-fat Yoghurt	\$ 3.50
	[Apple, Grapes, Chicken, Lettuce, Cucumber]	

3. FRESH BAKED / SNACKS / HOT FOODS

[Optional - Tomato Sauce / Sweet Chili Sauce / BBQ Sauce **extra \$0.20**]

	3.1. Steamed Dim Sims (2pcs)	\$ 2.00
GF/V	3.2. Steamed Corn in the cup (150gm)	\$ 1.50
V	3.3. Hash Browns (2pcs)	\$ 1.50
GF/V	3.4. Mini Vegetarian Spring Rolls (3pcs)	\$ 1.50
	3.5. Party Sausage rolls (3pcs)	\$ 2.50

*** Please pick up the pre-order Ice Cream / Warm Milo or Chocolate at the canteen counter with the lunch order bag.**

*** Lunch bag (1 Long size 140mm x 180mm) \$ 0.20**
if you do not have one, it will be provided.

4. DESSERTS

Counter Sales Available

GF/V	4.1.1. Seasonal Mixed Fruits Salad	\$3.50
GF/V	4.1.2. Whole Fruits	\$0.50
	[Pink Lady (Red Apple) / Granny Smith (Green Apple) / Banana / One slice of Watermelon]	
V	4.2. Muffin / Cake	[*GF Available on request] \$1.50
V	4.3. Mini Cookies (3pcs)	[*GF Available on request] \$1.20
V	4.4. Buttered Popcorn (20-30gm)	\$1.00
GF/V	4.5. Pirahna BBQ Vege Cracker (25-30gm)	\$1.20
V	4.6. Squeezie Yoghurt Pouch (70gm)	\$1.50

5. DRINKS (200 - 250ml)

Counter Sales Available

V	5.1. Fruit Juice	\$1.50
	Optional - Apple, Orange, Apple & Blackcurrant	
V	5.2. Flavoured Milk	\$1.80
	Optional - Chocolate, Strawberry, Banana	
V	5.3. * Warm Milo / Chocolate	\$1.20

6. ICE CREAM

OVER THE COUNTER SALES

GF/V	6.1. Fruit Juice Ice Pop	\$0.50
V	6.2. BULLA Fruit Yoghurt Stick	\$1.00
V	6.3. MOOISE Milk Flavoured Ice Pop	\$1.20

7. LUNCH SET DEAL

\$6.00

INCLUDE:

- **ONE Drink** [Choose from the Drinks list above]
- **ONE Dessert** [Choose from the Desserts list above]

GF 7.1. SPAGHETTI with GF BOLOG sauce
[*GF pasta available on request]

7.2. CHICKEN NUGGETS (5 pcs)
[Tomato Sauce extra \$0.20]

V 7.3. NACHOS with Tomato Salsa & Sour Cream Cheese