

DS KIDS Rostrata Primary School Canteen



WEDNESDAY AND FRIDAY

Terms 3 and 4, 2009 Open Mon-Wed-Fri
Ph: 9354 3332

DAILY RECESS ITEMS

Some of the following will be offered:

Apple	1.10
Spaghetti or baked bean cheese	1.30
Slice	1.20
Bread	0.70
Muffins	0.40
Cakes	0.20
Fruit	1.00
Crackers	0.05



Drinks

Milk (225 ml)	1.00
Plate, strawberry or banana (300 ml)	1.70

Juices

Juices- 100% apple, orange, guava	1.60
Energy, energise (250 ml)	1.60
Orange C (300 ml)	1.50
Water (600 ml)	1.50



Yoghurt

Yoghurt	1.70
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Apple	1.00
Apple	0.20
Of the day	1.00

ICE CREAMS

Ice cream after lunch: Mon, Wed, Fri)

Popsicle	1.50
Ice Stick (tropical, mango, apple)	0.50
Ice cream, orange & more)	1.60
Vanilla Buckets, Frosty Fruits	1.50
Ice cream, Rainbow & Chocolate Popsicles	1.50
Ice cream Yowies	1.50



MONDAY LUNCHES

NO salads and sandwiches.

Macaroni cheese (V)	3.70
Chicken, cheese and pasta crumble tub	5.00
Mexican beef and rice tub	5.00
Vegetarian pizza (V)	3.30
Ham hero pizza	3.30
Party pie* (A)	1.00
Sausage roll* (A)	2.70



Tomato sauce and salad dressing (40c).

Sandwiches are made with wholemeal bread. Preservative-free bread is used. Rolls (30c extra) and mayonnaise (low fat, 20c extra) are available.

(A) Items in italics are amber food group (V) Suitable for vegetarians

* Note: as low in fat and salt as possible



WEDNESDAY HOT MEALS

Lasagne	3.70
Vegetarian pizza (V)	3.30
Teriyaki chicken and rice	5.00
Hot chicken roll (with gravy) (A)	3.00
Baby chicken roll (with gravy) (A)	1.50
Sausage roll*(A)	2.70

FRIDAY HOT MEALS

Pasta twirls with bolognese sauce	3.70
Chicken fried rice	5.00
Ham and pineapple pizza	3.30
Corn cob & chicken nuggets (3)	2.80
Corn cob (V)	1.00
Veggie fingers, 3 per serve (V) (A)	1.80
Meat pie* (A)	3.50

Big Kids' Lunch- \$4.50

Toasted sandwich with: chicken and mayonnaise OR cheese and tomato (V) OR meatballs and sauce PLUS flavoured 300 ml milk drink

Little Kids' Lunch- \$2.50

½ toasted cheese sandwich PLUS carrot sticks PLUS 250 ml smart juice

SALAD TRAYS (Wed and Fri ONLY)

Rostrata salad (V)	3.00
(lettuce, cucumber, tomato, carrot, feta cheese)	
Plain salad tray (V)	2.00
(lettuce, tomato, carrot, cucumber, orange, celery, ½ egg)	
(olives extra 20c, beetroot extra 30c)	
Salad tray with one of the following:	
Chicken nuggets (3)	4.00
Piece of crumbed fish OR 4 meatballs	3.00



SANDWICHES (Wed and Fri ONLY)

Meat: choose one of chicken OR ham	3.00
Meat AND salad: (choose one meat)	3.00
Cheese (V)	2.00
Cheese AND salad (V)	3.00
Egg (plain or curried) (V)	3.00
Vegemite (V)	2.00
Cheese and vegemite (V)	2.00



TOASTED SANDWICHES (Wed and Fri)

Chicken, cheese, tomato	3.00
Ham, cheese, tomato	3.00
Ham, cheese, pineapple	3.00
Ham, cheese	3.00
Cheese, tomato (V)	3.00
Cheese (V)	3.00

