



# RUTHERFORD TECHNOLOGY HIGH SCHOOL 2023 CANTEEN MENU

flexischools

Everyday Food, Occasional Food



## BREAKFAST ITEMS:

-Banana Bread	\$1.50
-Pancakes	\$3.00
-Cheese Toastie	\$2.50
-Ham & Cheese Toastie	\$3.00
-Yoghurt	\$3.00
-Yoghurt & Fruit Box	\$3.00

## SANDWICHES, ROLLS & WRAPS:

### Sandwiches:

Available to Order	\$3.00-\$6.00
<i>Options: Vegemite; Egg &amp; Lettuce; Curried Egg; Salad; Chicken Salad; Cheese &amp; Tomato; Ham, Cheese &amp; Tomato</i>	
<i>(price dependant on filling)</i>	

### Rolls:

-Salad Roll	\$5.00
-Ham Salad Roll	\$5.50
-Chicken Salad Roll	\$5.50

### Wraps:

-Salad Wrap	\$5.50
-Chicken Salad Wrap	\$6.00
-Ham Salad Wrap	\$6.00
-Caesar Salad Wrap	\$5.50

## CHIPS / POPCORN:

-Deli Rock Chips: Sea Salt	\$1.50
-Deli Rock Chips: Honey Soy	\$1.50
-Lightly Sea Salted Popcorn	\$2.50

## ICE CREAMS:

-Juice Ice Blocks	\$1.00
-Vanilla Buckets	\$1.50
-Twisted Frozen Yoghurt	\$2.00
<i>(Chocolate; Watermelon; Cookie Dough)</i>	

## SALADS:

Salad Boxes	
Available Boxes to Order	\$3.50-\$6.50
<i>Options;</i>	
<i>Salad; Chicken; Caesar; Chicken Caesar</i>	
<i>Size: small, medium, large</i>	
<i>(price dependant on option and size)</i>	

### -Zucchini Slice & Salad Box (GF) \$5.50

-Coleslaw Box	\$3.50
-Curry Pasta Salad Box	\$3.50
-Rice Salad Box	\$3.50

## SUSHI:

### Sushi Rolls:

-Cucumber & Avocado	\$4.50
-Chicken & Mayo	\$4.50
-Smoked Salmon & Avocado	\$4.50
-Teriyaki Chicken & Avocado	\$4.50
-Tuna & Avocado	\$4.50

### Sushi Packs:

-Tuna Hosomaki Pack	\$6.00
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## SNACKS / OTHER:

-Piece of Fresh Fruit	\$0.50
-Freshly Cut Watermelon**	\$3.50
-Freshly Made Fruit Salad**	\$3.50
-Yoghurt	\$3.00
-Yoghurt & Fruit Box	\$3.00
-Eucalyptus Drops	\$0.75
-Chocolate Cookie	\$1.50
-Finger Bun / Muffins	\$2.50
-Hommus, Carrot & Celery	
Snack Bag	\$2.00

\*\*Only Available Term 1 & Term 4

## DRINKS:

Water:	
-350mL	\$1.00
-600mL	\$2.00

### Juice-250mL:

-Orange	\$2.50
-Apple	\$2.50
-Apple Blackcurrent	\$2.50

### ChilliJ-250mL:

-Watermelon	\$2.50
-Raspberry	\$2.50
-Blackcurrent	\$2.50

### Juice Bombs-250mL:

-Apple/Cola	\$2.50
-Apple/Raspberry	\$2.50
-Orange/Passionfruit	\$2.50

### Milk-300mL:

-Chocolate	\$2.50
-Strawberry	\$2.50

### Milk-500mL:

-Chocolate	\$3.50
-Strawberry	\$3.50
-Iced Coffee	\$3.50

### -Plain Milk-600mL

\$2.50
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### -Frozen Blizzard

\$2.50
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### -Hot Chocolate

\$2.00
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*(Only Available Term 2 & Term 3)*

## HOT FOOD:

-Chicken Burger	\$5.00
-Chicken Burger Salad	\$5.50
-Veggie Burger	\$5.00
-Vegetarian Nachos (avail. for ORDER ONLY)	\$8.50
-Vegetarian Spag. Bolognese (ORDER ONLY)	\$8.00
-Chicken Gravy Roll	\$5.00
-Rissole & Gravy Roll	\$5.00
-Lasagne (avail. for ORDER ONLY)	\$5.50
-Chicken & Corn Soup+Dinner Roll	\$4.00
-Pumpkin Soup+Dinner Roll	\$4.00
-Cheese Toastie	\$2.50
-Ham & Cheese Toastie	\$3.00
-Other Assorted Toastie Avail.	\$2.50-\$5.00
<i>(price dependant on filling)</i>	

### -Spinach Ricotta Roll \$3.50

### -Zucchini Slice (GF) \$2.50

### -Garlic Bread \$2.00

### -Plain Pie **FIRST BREAK ONLY** \$4.00

### -Cheese & Bacon Pie **FIRST BREAK ONLY** \$4.50

### -Sausage Roll **FIRST BREAK ONLY** \$3.00

### -Chicken Chippies (6) \$3.50

### -Chicken Nuggets (6) \$3.50

### -Nachos (ONLY Avail. Mon/Wed/Fri) \$6.50

### -Meatball Sub \$5.00

### -Pizza \$5.00

### -Fried Rice \$4.00

### -Available to Order:

Small & Large Hot Meal	Small	\$5.00
	Large	\$6.00

*Options Include: Carbonara; Mince Chow Mein; Tuna Mornay & Rice; Butter Chicken & Rice; Satay Chicken & Rice; Beef Stroganoff; Honey Mustard Chicken & Rice; Curry Chicken & Rice; Thai Green Curry Chicken & Pasta; Vegie Stir Fry; Curried Sausages & Mash Potato, Savoury Mince & Mash Potato*

## SAUCE / EXTRAS:

-Tomato/BBQ/Sweet & Sour	\$0.40
-Extra Fillings	\$0.40
-Butter/Mayo/Mustard	\$0.20
-Bread Roll	\$0.90
-Fork/Spoon	\$0.05



@ 12th May 2023

**Canteen is open before school from 8:00am and at Recess & Lunch**

**Volunteers are always needed—please contact the school to find out more!**

RTHS Canteen is operated by the P&C with one paid supervisor assisted by volunteers.

All profits from the canteen are returned to the school to benefit the students.