



RUTHERFORD TECHNOLOGY HIGH SCHOOL

2025 CANTEEN MENU

flexischools

Everyday Food, Occasional Food



BREAKFAST ITEMS:

(ONLY Available 8:00am-9:00am)

-Banana Bread	\$1.50
-Pancakes	\$3.00
-Cheese Toastie	\$2.50
-Ham & Cheese Toastie	\$3.50
-Hash Brown	\$1.50
-Yoghurt	\$3.00
-Yoghurt & Fruit Box**	\$3.00

SANDWICHES, ROLLS & WRAPS:

Sandwiches:

Available to Order \$3.00-\$6.00

Options: Vegemite; Egg & Lettuce; Curried Egg;
Salad; Chicken Salad; Cheese & Tomato;
Ham, Cheese & Tomato
(price dependant on filling)

Rolls:

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

Wraps:

-Salad Wrap	\$6.00
-Chicken Salad Wrap	\$7.00
-Ham Salad Wrap	\$6.50
-Caesar Salad Wrap ORDER ONLY	\$6.50
-Chicken Caesar Wrap	\$7.00
-Sweet Chilli Chicken Tender	
& Salad Wrap	\$7.50
-Half Wrap (Assorted)	\$4.00

CHIPS / POPCORN:

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

SALADS:

Salad Boxes

Available Boxes to Order \$3.50-\$6.50

Options:

Salad; Chicken; Caesar; Chicken Caesar

Size: small, medium, large

(price dependant on option and size)

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

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	\$0.80
-Chocolate Cookie	\$1.50
-Finger Bun / Muffins	\$2.50

ICE CREAMS:

-Juice Ice Blocks	\$1.50
-Ice Cream Cups	\$2.00
(vanilla; mango; choc malt)	

DRINKS:

Water:

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

Juice-250mL:

-Orange	\$3.00
-Apple	\$3.00
-Apple Blackcurrent	\$3.00

ChilliJ-250mL:

-Watermelon	\$3.00
-Raspberry	\$3.00
-Blackcurrent	\$3.00

Juice Bombs-250mL:

-Apple/Cola	\$3.00
-Apple/Raspberry	\$3.00
-Orange/Passionfruit	\$3.00

Milk-300mL:

-Chocolate	\$3.00
-Strawberry	\$3.00

Milk-500mL:

-Chocolate	\$4.00
-Strawberry	\$4.00
-Iced Coffee	\$4.00

Various Flavoured Milk-500mL: \$4.00
(vanilla malt; banana; caramel coffee)

-Good Brekkie Choc. Flavour	\$2.50
-Plain Milk-600mL	\$2.50
-Frozen Blizzard	\$2.50
-Hot Chocolate**	\$2.50

HOT FOOD:

-Chicken Burger	\$5.50
-Chicken Burger Salad	\$6.50
-Cheeseburger	\$5.50
-Chicken Gravy Roll	\$5.50
-Rissole & Gravy Roll	\$5.50
-Lasagne (avail. for ORDER ONLY)	\$5.50
-Chicken & Corn Soup+Dinner Roll**	\$5.00
-Pumpkin Soup+Dinner Roll**	\$5.00
-Cheese Toastie	\$2.50
-Ham & Cheese Toastie	\$3.50
-Spinach Ricotta Roll	\$3.50
-Zucchini Slice (GF)	\$3.00
-Zucchini Slice (GF) & Salad	\$5.50
-Garlic Bread	\$2.50
-Plain Pie FIRST BREAK ONLY	\$4.50
-Cheese & Bacon Pie FIRST BREAK ONLY	\$5.00
-Sausage Roll FIRST BREAK ONLY	\$3.50
-Chicken Chippies (6)	\$4.00
-Chicken Nuggets (6)	\$4.00
-Nachos (ONLY Avail. Mon/Wed/Fri)	\$7.00
-Meatball Sub	\$5.50
-Pizza	\$5.50
-Fried Rice	\$5.50

Available to Order:

Small Hot Meal \$5.50

Options Include: Carbonara; Mince Chow Mein; Butter
Chicken & Rice; Satay Chicken & Rice; Beef Stroganoff;
Honey Mustard Chicken & Rice; Curry Chicken & Rice;
Veggie Stir Fry-ORDER ONLY; Pasta Bolognese; Potato
Bake; Spaghetti Bolognese; Curried Sausages & Mash
Potato, Cottage Pie

SAUCE / EXTRAS:

-Tomato/BBQ/Sweet & Sour	\$0.50
-Extra Fillings	\$0.50
-Butter/Mayo/Mustard	\$0.20
-Bread Roll	\$1.20
-Fork/Spoon	\$0.05

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.

****Only Available Term 1 & Term 4**

****Only Available Term 2 & Term 3**

@ 28th April 2025

