RUTHERFORD TECHNOLOGY HIGH SCHOOL
2022 CANTEEN MENU

flexischools

Everyday Food, Occasional Food

eftpos

WE'RE A GREAT HEALTHY SCHOOL CANTEEN 2019

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

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	$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

(Chocolate; Watermelon; Cookie Dough)

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
-Zucchini & Ham Slice + Salad **(GF)**	$7.50
-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:

-Avocado Pack	$6.00
-Mixed Hosomaki Pack	$6.00
-Tuna Hosomaki Pack	$6.00

SNACKS:

-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
-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

Aloe Vera Drink-250mL:

-Blueberry	$2.50
-Raspberry	$2.50
-Watermelon	$2.50

Glee-250Ml:
(ONLY AVAILABLE UNTIL CURRENT STOCK IS SOLD OUT)

-Tropical or Blackcurrent	$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
-Frozen Blizzard	$2.00
-Hot Chocolate	$2.00

(Only Available Term 2 & Term 3)

HOT FOOD:

-Chicken Burger	$5.00
-Chicken Burger Salad	$5.50
-Cheese Burger **(avail. for ORDER ONLY)**	$5.00
-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

(price dependant on filling)

-Spinach Ricotta Roll	$3.50
-Zucchini Slice **(GF)**	$2.50
-Garlic Bread	$2.00
-Plain Pie **FIRST BREAK ONLY**	$3.60
-Cheese & Bacon Pie **FIRST BREAK ONLY**	$3.80
-Sausage Roll **FIRST BREAK ONLY**	$3.00
-Chicken & Corn Roll	$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	$8.00

Options Include: Carbonara; Mince Chow Mein; Tuna Mornay & Rice; Butter 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

@ 8th August 2022

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.