



RUTHERFORD TECHNOLOGY HIGH SCHOOL 2024 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
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
-Mango/Choc Malt Cups	\$1.50

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
-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
-Chicken Gravy Roll	\$5.00
-Rissolle & 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
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-Plain Pie FIRST BREAK ONLY	\$4.00
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-Cheese & Bacon Pie FIRST BREAK ONLY	\$4.50
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-Sausage Roll FIRST BREAK ONLY	\$3.00
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-Chicken Chippies (6)	\$3.50
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-Chicken Nuggets (6)	\$3.50
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-Nachos (ONLY Avail. Mon/Wed/Fri)	\$6.50
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-Meatball Sub	\$5.00
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-Pizza	\$5.00
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-Fried Rice	\$4.00
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-Available to Order:	
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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
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-Extra Fillings	\$0.40
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-Butter/Mayo/Mustard	\$0.20
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-Bread Roll	\$0.90
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-Fork/Spoon	\$0.05
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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.

@ 9th February 2024