

CANTEEN MENU

SUMMER Term 1 & 4

Rockingham Beach
Primary Campus



Contact Us

Phone: 0403 852 407
Call between 9.00 - 10.15am

Online Orders - before 9am

www.quickcliq.com.au
or in person at the counter before 10.15am

MORNINGS

Before School

G Warm Milo 1.00

Crunch & Sip

G Fresh fruit (per piece) 1.00

LUNCH DAILY

Warm Items - Daily

A	Chicken Nuggets (x3) with salad bag	3.50
A	Chicken Nuggets (x5) with salad bag	5.00
A	Hot Chicken Roll	5.00
G	Spaghetti Bolognese	5.00
G	Macaroni Cheese	5.00
G	Grilled Chicken Burger & Salad (must have)	6.00
A	Home Made Pizza:	
	* Pineapple & Cheese	5.00
	* BBQ Chick & Cheese	5.00
	* Just Cheese	4.50
G	Corn Cob	2.00

Pastry Items - Mon & Fri only

A	Pie	4.50
A	Sausage Roll	3.50
A	Tomato Sauce	0.50

Toasties

G	1 filling (Ham only avail Mon & Fri)	4.50
G	2 filling (Ham only avail Mon & Fri)	5.00

Extra 50c each

Salad Bowls

G BASE: carrot, cucumber, tomato, lettuce 5.00
CHOOSE ONE: egg, chicken, cheese of plain

Sandwiches/Rolls/Wraps

G	Vegemite	3.50
G	Cheese	4.00
G	Egg	4.00
G	Ham (Mon & Fri only)	4.50
G	Chicken	4.00
G	Tuna	4.00
G	Salad	4.00

SELECT: white, wholemeal, multigrain bread

ADD: cheese 1.00

UPGRADE: to a roll or wrap 1.00

ADD: salad (lettuce, carrot, cucumber, tomato) 1.00

DRINKS & SPECIAL SNACKS

G	Low Fat Choc Milk	3.00	G	Watermelon bag	2.00
G	Low Fat Strawberry Milk	3.00	A	Fruit muffins	2.00
G	Juice Box (99%)	2.00	G	Yoghurt tub	1.50
G	Bottled water - small	1.50	G	Plain popcorn	0.50
G	Bottled water - large	2.00	A	Vege chips	2.00

DAILY SPECIALS

\$7.00 each - with choice of juice box or small bottled water

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Fish Sub & Salad</i> oven baked fish & salad in a fresh roll	<i>Pizza Muffins</i> toasted English muffin topped cheese & pineapple	<i>Super Salad Tub</i> Carrot, cucumber, tomato, lettuce with Egg/Chicken or Cheese	<i>Chicken Strip Wrap</i> served with fresh leafy mixed salad, shredded cheese & mayo	<i>Chicken Fried Rice</i> wholemeal & white rice mixed with chicken, vegetables & soy sauce

G: Green choices (Fill the menu)
A: Amber choices select carefully

Allergies & Intolerances

Does your child have food allergies, intolerances or dietary preferences? Please let the Canteen Staff know, every effort will be made to accommodate our students.