

CANTEEN MENU

WINTER - Term 2 and 3

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	
G Soup of the Day with bread roll	4.50
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

Salad Bowls	
G BASE: carrot, cucumber, tomato, lettuce	5.00
CHOOSE ONE: egg, chicken, cheese or plain	

Pastry Items - Mon & Fri only	
A Pie	4.50
A Sausage Roll	3.50
A Tomato Sauce	0.50

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

Toasties	
G 1 filling (Ham only avail Mon & Fri)	4.50
G 2 filling (Ham only avail Mon & Fri)	5.00
extras 50 cents each	

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 Low Fat Strawberry Milk	3.00
G Juice Box (99%)	2.00
G Bottled water - small	1.50
G Bottled water - large	2.00

A Fruit muffins	2.00
G Yoghurt tub	1.50
G Plain popcorn	0.50
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>Homemade Bolognaise</i> fresh pasta and saucy beef bolognaise topped with cheese	<i>Tuna Pasta Bake</i> pasta, corn & peas mixed with gooey cheesy bechamel sauce	<i>Loaded Baked Wedges</i> Oven baked potato wedges with salsa & cheese	<i>Roast Beef & Gravy Roll</i> tender roast beef on a fresh bread roll with homemade gravy	<i>Chicken Nacho's</i> Corn chips with Mexican chicken and melted cheese

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.

