

Ryde Secondary College

Canteen menu

Snack	
Fresh fruit (V, Ve, GF)	\$1.00
Fresh fruit salad (V, Ve, GF)	\$2.00
Muffin of the day (V)	\$2.50
Yoghurt cup with berries (V, GF) with muesli (V)	\$3.00
Cheese and crackers	\$3.00
Sushi Teriyaki chicken (GF) Tuna and cucumber (GF) Smoked salmon (GF) Tofu and vegetables (V, Ve, GF)	\$3.50
Burgers	
Classic beef and cheese	\$6.00
Double beef	\$8.50
Peri peri chicken	\$6.00
Chicken caesar	\$6.00
Veggie (pre-order through Flexischools only) (V)	\$6.00
Salads	
Greek Small Large	\$4.00 \$6.00
Tabouli	\$4.00
Mexican corn Small Large with spiced chicken	\$4.00 \$6.00
Chicken caesar	\$6.00



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Sandwiches and wraps (check the specials board or design your own sandwich or wrap through Flexischools)

Cheese and tomato sandwich	\$3.20
Cheese toastie	\$3.30
Ham, cheese and tomato sandwich	\$4.40
Ham and cheese toastie	\$4.00
Egg, lettuce and mayonnaise sandwich	\$4.00
Chicken and salad sandwich	\$5.50
Tandoori chicken wrap	\$6.00
Mexican chicken wrap	\$6.00
Falafel, hommus and tabouli wrap (V, Ve)	\$6.00
Chicken caesar wrap	\$6.00

Drinks

Water (600ml)	\$1.50
Flavoured milk (300ml) Chocolate Strawberry	\$3.00
Flavoured milk (500ml) Chocolate Strawberry Caramel Vanilla malt	\$4.50
Juicee crush (250ml)	\$2.50
Sparkling mineral water (475ml)	\$3.50
Waterfords light and fruity (475ml)	\$3.50
Aloe vera (500ml)	\$3.50
Glee sparking fruit juice (250ml)	\$3.50
Quelch stick	\$1.20

