

THE ROCK CENTRAL SCHOOL CANTEEN MENU

HOT LUNCH

PIE - LITE	\$4.80
SAUSAGE ROLL - LITE	\$4.40
LASAGNE	\$5.50
LUNCH SPECIAL	\$5.00
Check Facebook for specials	

PIZZAS

PIZZA MARGHERITA	\$3.50
PIZZA BBQ CHICKEN	\$4.00
PIZZA HAM & CHEESE	\$4.00

WRAPS/BURGERS

CHICKEN CEASER SALAD	\$5.50
Chicken fillet, lettuce, ham, cheese, ceaser dressing	
SWEET CHILLI CHICKEN WRAP	\$5.50
Chicken, lettuce, tomato, cheese, cucumber, sweet chili sauce	
CHICKEN WRAP	\$5.00
chicken, Lettuce, cheese, mayo	
GRILLED CHICKEN BURGER	\$5.00
chicken, Lettuce, cheese, mayo	

LUNCH BAGS	\$0.30
SAUCE - TOMATO AND BBQ	\$0.70
FORKS	\$0.10
SPOONS	\$0.10

SALAD

SALAD PLATE - HAM/CHICK	\$5.00
lettuce, tomato, cheese, cucumber, mayo	
SALAD PLATE	\$4.00
lettuce, tomato, cheese, cucumber, mayo	

SANDWICHES

CHEESE	\$2.50
VEGEMITE	\$2.00
HAM AND SALAD	\$5.00
lettuce, tomato, cheese, cucumber, mayo	
HAM	\$3.50
CHICKEN AND SALAD	\$5.00
lettuce, tomato, cheese, cucumber, mayo	
CHICKEN	\$3.50
EXTRA - WRAP, ROLL, TOASTIE	\$0.50

CROISSANTS

HAM AND CHEESE	\$3.50
HAM, CHEESE AND TOMATO	\$4.00

RECESS

WATERMELON CUP	\$1.20
FRUIT SALAD CUP	\$1.50
YOGHURT BERRY GRANOLA	\$3.00
JELLY & CUSTARD CUP	\$2.00
GRAIN WAVES/SEA SALT	\$1.50
MUFFIN	\$1.50
HASHBROWN	\$1.20
CHEESY GARLIC BREAD	\$1.50

DRINKS

BOTTLED WATER 600ML	\$1.50
FRUIT BOX - 99% JUICE	\$2.20
Apple, apple & Blackcurrant paradise punch	
MOO MILK	\$2.80
Chocolate and strawberry	
JUICE BOMB	\$2.80
Watermelon, apple cola, grape	
SLUSHIE	\$3.00
HOT CHOCOLATE	\$3.00

FROZEN ITEMS

MOOSIES -BLUE OR CHOC	\$2.20
TNT ICE BLOCK	\$2.20
Sour watermelon, Berry blast,	
QUELCH FRUIT STIX	\$1.00
orange, pineapple, mango, tropical, blackcurrant, strawberry, raspberry, apple	

PLEASE CONTACT ERIN TO
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