

# THE ROCK CENTRAL SCHOOL CANTEEN MENU

## HOT LUNCH

PIE - LITE	\$5.00
SAUSAGE ROLL - LITE	\$4.60
LASAGNE	\$5.70
SUSHI BOWLS	\$6.70
Teriyaki chicken or chicken tender, rice, cucumber, grated carrot, soy sauce, Kewpie mayo, avocado dip	
LUNCH SPECIAL	\$5.50
Check Facebook for specials	

## PIZZAS

PIZZA MARGHERITA	\$4.00
PIZZA BBQ CHICKEN	\$4.50
PIZZA HAM & CHEESE	\$4.50

## WRAPS/BURGERS

SWEET CHILLI CHICKEN WRAP	\$7.00
2x Chicken, lettuce, tomato, cheese, cucumber, sweet chili sauce	
SWEET CHILLI CHICKEN WRAP	\$6.00
1 x Chicken, lettuce, tomato, cheese, cucumber, sweet chili sauce	
CHICKEN WRAP	\$6.50
2x chicken, Lettuce, cheese, mayo	
CHICKEN WRAP	\$5.50
1 x chicken, Lettuce, cheese, mayo	
GRILLED CHICKEN BURGER	\$5.50
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	\$5.80
Lettuce, tomato, cheese, cucumber, mayo	
SALAD PLATE	\$4.80
Lettuce, tomato, cheese, cucumber, mayo	

## SANDWICHES

CHEESE	\$3.00
VEGEMITE	\$2.50
HAM AND SALAD	\$5.80
Lettuce, tomato, cheese, cucumber, mayo	
HAM	\$4.00
CHICKEN AND SALAD	\$5.80
Lettuce, tomato, cheese, cucumber, mayo	
CHICKEN	\$4.00
EXTRA - WRAP, ROLL, TOASTIE	\$0.50

## CROISSANTS

PLAIN - NOTHING INSIDE	\$3.50
HAM	\$4.00
HAM AND CHEESE	\$4.50

PLEASE CONTACT ERIN TO  
VOLUNTEER - 0407 500 752

## RECESS

MIXED BERRY SMOOTHIE	\$3.00
YOGHURT CUP	\$2.00
YOGHURT BERRY GRANOLA	\$3.20
CUSTARD CUP	\$1.50
JELLY & CUSTARD CUP	\$2.00
GRAIN WAVES/SEA SALT	\$1.70
MUFFIN	\$1.50
HASHBROWN	\$1.50
CHEESY GARLIC BREAD	\$2.00
DIM SIM	\$1.50

## DRINKS

BOTTLED WATER 600ML	\$1.70
FRUIT BOX - 99% JUICE	\$2.40
Apple, apple & Blackcurrant paradise punch	
MOO MILK	\$3.00
Chocolate and strawberry	
JUICE BOMB	\$3.00
Watermelon, apple cola, grape	
HOT CHOCOLATE	\$3.50

## FROZEN ITEMS

MOOSIES -BLUE OR CHOC	\$2.40
TNT ICE BLOCK	\$2.40
Sour watermelon, Berry blast,	
QUELCH FRUIT STIX	\$1.20
orange, pineapple, mango, tropical, blackcurrant, strawberry, raspberry, apple	