Ralph & Rosie’s Kitchen

Sandwich Bar
Design your own fresh sandwich or wrap $5.00

Choose your bread
White - Wholemeal – Wrap - Roll

Choose one filling
Leg Ham – Chicken Breast – Tuna – Egg

Choose your salad
Lettuce, tomato, cucumber, red onion, low fat cheese, grated carrot, beetroot.

Choose your dressing
Mayonnaise – Sweet Chilli – Caesar

Vegemite or Jam Sandwiches $2.50
Ham, Chicken, Tuna or Egg Sandwiches $3.00

Extra $1.00 for Toasted

Hot Food
Home Made Lasagne with Salad $3.00
Home Made Shepards Pie $4.00
Chicken Chippie $0.50
Cocktail Sausage Roll $1.00
Lite Party Pie $1.00
Homemade Pizza Slice $3.00
Made with low fat cheese & leg ham $3.00
Homemade Pizza Slice $3.00
Made with low fat cheese & chicken $3.00
Gourmet Lite Beef Burger $4.50
With lettuce, tomato & cheese $4.50
Crumbed Chicken Burger $4.50
With lettuce & mayo $4.00
Chicken Chippie Wrap $4.00
With lettuce, mayo, sweet chilli or tomato sauce

Drinks & Ice Blocks
Water 250ml $1.50
Water 600ml $2.00
Popper $1.50
Orange, Apple or Apple Black Current $2.00
Milk Chocolate or Strawberry $2.00
Slush Puppie 99% Juice $2.00
Watermelon, Strawberry, Lime, Grape or Raspberry $2.50
Twisted Frozen Yoghurt $2.50
Watermelon & Mango $2.00
Paddle Pop Rainbow or Chocolate $2.00
Icy Twist $2.50
Calippo $2.50
Zooper Dooper $0.50
Frozen Fruit Cup (Apple or Orange) $0.50

THURSDAY MEAL DEAL
$6.00
Thursday – Special meal deal refer to school newsletter

Sushi
$3.00 - Available Wednesday Only
All Orders Must Be Placed By 1:30pm Day Before
Chicken Teriyaki / Tuna Mayo / Tuna Avo / Veg / Avo

Snacks
Apple Slinky $1.00
BYO Apple Slinky $0.20
Nibble Pack $2.50
Carrot, Cucumber, Cherry Tomato & Rice Crackers $0.50
Carrot Sticks (S) $0.50
Small Fresh Fruit Tub $3.00
Large Fresh Fruit Tub $5.00
Hard Boil Egg $1.00
Frozen Orange Quarter $0.50
Rice Cracker & Cheese $1.00
Pop Corn $1.00
Sao – Vegemite, cheese or tomato $0.50
2 Toppings $0.80
Bliss Balls (Home Made) $0.50
Custard Tub $0.50
Muffin (Banana, Choc Chip) $1.00
Scrolls (home made) $0.50

How to Order
Online: Why not try our online ordering service? It’s fast, efficient, convenient and all done from home or even on your phone. Register on www.flexischools.com.au and follow the instructions.
In Person: EFTPOS & cash at tuckshop from 8:30am
Paper Bag: Clearly write your child’s name, class & order on a paper bag with payment. Please use separate bags for 1st & 2nd lunch.

It’s Ace to Volunteer
New volunteers are always welcome! Even if it’s an hour a fortnight! Pop in & see Jill or Liz today!