



Mount Ridley College - 2010

The Healthy Choices...

Sandwiches...

Choose a White or Wholemeal Sandwich, Roll or a Wrap

Toasted Extra 0.50

Chicken

Chicken & Salad

Chicken, Lettuce & Mayo

Ham

Ham, Cheese & Tomato

Ham or Cheese & Salad

Tuna

Tuna & Salad

Vegemite

Salad

Egg & Lettuce

Curried Egg & Lettuce

Cheese

Cheese & Tomato

Cheese & Ham

Tomato

Egg

Extra's each

Lettuce, tomato, carrot, cucumber or beetroot

Snacks...

Fresh Fruit will be available according to season

Carrot Sticks / Celery Sticks

Fruit Salad (100ml)

Fruit Salad (280ml)

Homemade Mini Muffin

Choc Chip Cookie (Large)

Popcorn

JJs Snacks & Red Rock Deli Chips

Gingerbread Man

Boiled Egg

Jelly Cup

Custard Cup

Crackers & Cheese

Drinks and Frozen Treats...

Fruit Box

Milk (Chocolate or Strawberry)

Frozen Rockets (Fruit Juice & Yoghurt)

Frozen Pineapple Rings / Orange Segments

Ice Cream Cups

Fruit Slush Puppie 99% Juice

Water (600ml)

Jaffles...

Cheese 2.60 ♦

Cheese & Tomato 2.90 ♦

Baked Beans or Spaghetti 2.80 *

3.50 ♦ Ham & Cheese 3.30 ♦

4.50 ♦ Ham, Cheese & Tomato 3.60 ♦

3.90 ♦ Good Warmed Options...

3.00 ♦ Sweet Chilli Chicken Wrap, (Lettuce & SC Sauce) 3.80 ♦

3.50 ♦ Chicken Burger (Lettuce & Mayo) 3.80 ♦

4.50 ♦ Hot Chicken Roll 4.00 ♦

3.50 ♦ Spaghetti Bolognese (97% fat free) 3.80 ♦

4.50 ♦ Lasagne (97% fat free) 3.80 ♦

1.80 ♦ Macaroni Cheese (97% fat free) 3.80 ♦

3.30 ♦ Fried Rice 3.80 ♦

3.10 ♦ Pizza (97% fat free - Hawaiian or Margarita) 3.80 *

3.00 ♦ Noodles in a Cup (Beef, Chicken or Oriental) 3.00 *

2.50 ♦ Homemade Soup (Terms 2 & 3) with Roll 2.80 ♦

2.80 ♦ Jacket Potato(2 tops)Cheese, coleslaw or b.beans 4.00 ♦

3.20 ♦ Corn on the Cob 1.50 ♦

2.50 ♦ Alternate Warmed Selection...

2.50 ♦ Chicken Nuggets (oven baked) (3) 2.50 *

Chicken Nuggets (oven baked) (6) 4.50 *

0.40 Dim Sim (steamed) 0.90 *

Oven Baked Potato Wedges 3.50 *

1.00 ♦ Hot Dog Skinless - Plain 2.50 *

0.80 ♦ Hot Dog with Cheese (low fat) 2.70 *

2.50 ♦ Lite Sausage Roll 2.80 *

4.00 ♦ Lite Meat Pie 3.20 *

1.00 * Lite Party Pie 1.10 *

2.00 * Nachos (Salsa & Lite Cheese) 3.50 *

1.20 * Lite Sour Cream 0.80 *

1.20 * Ice Cream Selection...

2.00 * Paddle Pops (Choc, Rainbow & Banana) 1.50 *

1.00 ♦ Mini Calippos 1.00 *

1.50 * Lemonade Icy Poles 1.10 *

1.50 * Frozen Yoghurt (Wild Strawberry & Mango) 2.00 *

1.00 * Paddle Pop Moo's (Chocolate & Strawberry) 1.80 *

Sundries...

2.00 * Tomato Sauce Portions 0.30

2.00 ♦ Paper Bag 0.10

1.00 ♦

0.80 ♦

1.20 *

1.60 *

2.00 ♦



Prices include GST and are subject to change. Dated 01-02-10

CMS
CANTEEN MANAGEMENT SERVICES

Other healthy snacks also available from the canteen

♦ Everyday Foods

* Occasional Foods