



Manly Vale Public School

Red Owl Canteen Menu

Term 4 2019

Sandwiches

Cheese, Chicken, Egg, Falafel, Ham & Cheese, Tuna or Salad Ham or Cheese	\$4.00
Vegemite or Honey Roll or Wrap	\$3.50
Gluten Free Bread	\$2.50
	+50c
	+80c

Extras

Avocado	80c
Baby spinach, beetroot, carrot, cucumber, lettuce or tomato	30c
Hummus	50c
Mayo	20c
Salad (lettuce, tomato, cucumber & carrot)	\$1.00
Toasted	20c

Salad Boxes

Delicious and healthy salad boxes - basic salad includes lettuce, tomato, cucumber & grated carrot - choose extras	\$4.00
Avocado, cheese, chicken, egg or ham	\$1.00
Baby spinach, beetroot, Italian dressing or Mayo	30c
Hummus	50c
Falafel or tuna	\$1.50

Everyday Meal Deal

Choose a Sandwich or wrap plus choose :	\$6.00
a. carrot sticks, veggie pack, apple slinky, quartered orange, banana or watermelon chunk.	
b. Juice popper - apple, apple & blackcurrant, orange or tropical.	

Hot Food

Corn on the cob	\$1.00
Garlic Bread	\$1.00
Pasta Bolognaise	\$4.50
Pasta Napoli (tomato sauce)	\$4.50
Plain Pasta	\$2.00
Gluten Free pasta	+50c
Cheese	+50c
Butter	+20c

(Mon, Wed, Fri)	
Sausage Roll (contains egg)	\$4.00
Veggie Sausage Roll (contains egg)	\$4.00

Monday

6 Pork Dumplings with Veggie Sticks and choice of Sweet Chili or Soy Sauce	\$4.50
4 Veggie Dumplings with Veggie Sticks and choice of Sweet Chili or Soy Sauce	\$4.50

Tuesday

1 slice of stone baked Cheese and Tomato pizza with homemade pizza sauce	\$2.00
1 slice of stone baked Ham and Pineapple Pizza with homemade pizza sauce	\$2.50

Wednesday

Beef Burrito with Cheese, lettuce and diced tomato	\$5.00
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Thursday

Crispy Chicken wrap with lettuce, grated carrot and choice of sauce	\$5.00
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See reverse for Sushi options, snacks and lots more



Sushi Wednesdays & Fridays

Sushi Hand Rolls:

Avocado, Salmon & Avo, Teriyaki \$4.00
Beef, Teriyaki Chicken, Tuna & Avo or Tuna

Sushi Baby Boxes (9 pieces):

Avocado, Cucumber, Tuna or \$4.00
Mixed Box (3 avo, 3 cucumber & 3 tuna)

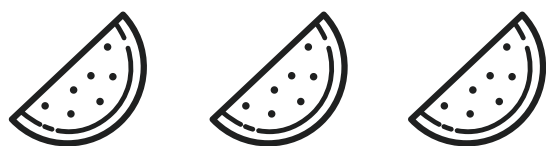
Rice Paper Rolls:

Salmon with lettuce & noodles
Teriyaki Chicken with lettuce & noodles
Tuna with lettuce and noodle

Single Pack \$3.50
Double Pack \$6.80

Snacks

Apple Slinky \$1.00
Apple, Banana, Mandarin \$1.00
or quartered Orange
Arrowroot Biscuit 10c
Banana Bread \$1.50
Banana Bread 1/2 slice 80c
Bliss Ball (contains sunflower seeds) \$1.00
Bread Stick 20c
Carrot Sticks (5) 40c
Fruit Muffin \$1.50
Greek Yoghurt \$1.00
Greek Yoghurt & berries \$1.50
Greek Yoghurt & honey \$1.50
Greek Yoghurt & berries & honey \$1.80
Greek Yoghurt with Mango \$1.50
Hard Boiled Egg \$1.00
Hummus with 6 rice crackers 60c
Hummus with Veggie sticks \$1.20
Mini Fruit Muffin 50c
Popcorn (bbq, chicken or salted) \$1.00
Rice Crackers x 5 20c
Rice Crackers & Cheese x 4 \$1.00
Veggie Sticks (Cucumber, Capsicum, \$1.00
Carrot & Celery)



Recess

Cookie of the Day 50c
Smoothie of the day- Banana, Berry \$2.00
or Mango

Frozen Treats

Canteen Made Iceblock 40c
Frozen Juice Cup (99% juice) 80c
Frozen Pineapple 30c
Frozen Watermelon 30c
Juicie \$1.50
Moosie \$1.50
Quelch Stick (99% juice) 50c
Twisted Frozen Yoghurt \$2.00

Drinks

Bottled Water \$2.00
Emma & Tom's Flavoured Milk \$2.00
(choc or strawberry)
Emma & Tom's Juice \$2.20
(apple or orange)
Emma & Tom's Smoothie \$2.20
(karmararma or green power)
Juice Popper (apple, app&b.currant, \$1.50
orange or tropical)
Smoothie of the day \$2.00

Paper Bag 20c

Help needed in the Canteen

Can you spare a few hours each term to help out? No experience needed, come and join our friendly team, training and lunch provided; your kids will love seeing you in the canteen. Please contact Robyn or Kerry on manlyvalepscanteen@gmail.com if you are interested.