



Manly Vale Public School

Red Owl Canteen Menu

Terms 2 & 3 2021

Sandwiches

Cheese	\$3.00
Chicken, Egg, Ham or Salad	\$3.50
Falafel	\$4.00
Ham & Cheese	\$4.00
Vegemite or Honey Roll	\$2.50
	+70c
Wrap	+60c
Gluten Free Bread	+80c

Extras

Avocado	80c
Baby spinach, carrot, cucumber, lettuce or tomato	40c
Beetroot	30c
Hummus	60c
Mayo	20c
Salad (lettuce, tomato, cucumber & carrot)	\$1.20
Toasted	50c

Salad Boxes

Basic salad box/bowl - includes lettuce, tomato, cucumber & grated carrot - choose extras	\$4.20
Chicken & Avo Salad - basic salad plus shredded chicken and avocado.	\$7.00
Falafel Salad - basic salad plus falafel, avo & hummus	\$8.00

Hot Food

Corn on the cob	\$1.00
Garlic Bread	\$1.50
Garlic Bread 1/2	80c
Pasta Bolognaise	\$5.00
Pasta Napoli	\$4.50
Plain Pasta	\$3.00
Gluten Free pasta	+50c
Cheese	+60c
Butter	+20c

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

Monday	\$4.00
Fried Rice with veggies	

Wednesday	\$5.00
Beef burrito with cheese	

Thursday	\$5.00
Butter Chicken with Basmati Rice	\$5.00
Plain Rice	\$2.50



See reverse for Sushi options, snacks and lots more

Order via www.flexischools.com.au

Sushi

Available every day

Sushi Hand Rolls:

Avocado, Salmon & Avo,
Teriyaki Beef, Teriyaki
Chicken, Tuna & Avo or
Tuna \$4.20

Sushi Baby Boxes (9 pieces):

Avocado, Cucumber, Tuna
or Mixed Box (3 avo, 3
cucumber & 3 tuna) \$4.20

Rice Paper Rolls:

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

Single Pack \$3.60
Double Pack \$7.00

Snacks

Anzac Cookie 80c
Apple Slinky \$1.20
Apple, Banana, or
quartered Orange \$1.00
Banana Bread \$2.00
Banana Bread 1/2 slice \$1.00
Bread Stick 20c
Carrot Sticks (5) 60c
Hard Boiled Egg \$1.00
Gingerbread Kid \$1.20
Popcorn (bbq, chicken or
salted) \$1.20

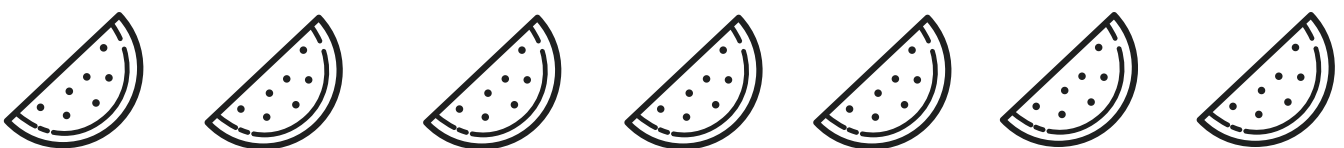
Frozen Items

Canteen Made Iceblock Mini 50c
Canteen Made Iceblock 80c
Frozen Fruit 50c
Frozen Juice Cup (99%
juice) 80c
Juicie \$1.50
Quelch Stick (99% juice) 60c
Twisted Frozen Yoghurt \$2.00
Vanilla Icecream \$1.50

Drinks

Emma & Tom's Flavoured
Milk (choc or s.berry) \$2.70
Emma & Tom's Juice \$2.50
(cloudy apple or orange)
Emma & Tom's Karmararma
Smoothie \$2.50

Paper Bag 20c



Manly Vale Public School

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