

RICHMOND HIGH SCHOOL CANTEEN MENU

E = Everyday Items

O = Occasional Items

H = Halal Items

DRINKS			PRICE
Mount Franklin Water 600ml		E	\$3.00
Pure Pump Water 750ml		E	\$4.50
Groove 350ml Watermelon / Raspberry		E	\$3.50
Paul's Pura Plain Milk 300ml		E	\$2.00
600ml		E	\$3.00
Oak Flavoured Milk 300ml - Chocolate / Strawberry		E	\$3.50
Paul's Zymil 400ml (Lactose Free) - Chocolate / Strawberry		E	\$4.50
Oak Thick Shake 425ml - Cookies & Cream		E	\$5.50
Harvey Fresh Poppers 250ml - Apple / Apple Blackcurrant / Orange		E	\$3.00
Up & Go 250ml - Chocolate / Vanilla		E	\$3.50
Hot Milo		E	\$3.00
Ice Break Regular Strength 500ml		O	\$5.50
Ice Break Mocha 500ml		O	\$5.50
Coke No Sugar 375ml can		O	\$3.50
Sprite No Sugar 375ml can		O	\$3.50
Oak UHT 200ml Coffee		O	\$3.50

SNACKS			
Boiled Egg		E	\$1.50
Cheese & Dip with Wholegrain Crackers		E	\$2.50
Celery & Carrot Sticks		E	\$1.50
Vaalia Low Fat tub 150g French Vanilla		E	\$3.00
Apples (Pink Lady)		E	\$1.00
Watermelon (Slice)		E	\$0.50

SNACKS (cont.)			
Cheese & Ham Roll - (Good Tucker)		E	\$2.50
Homemade Banana Muffins		O	\$1.00

SANDWICHES / ROLLS / WRAPS / TURKISH BREAD / GLUTEN FREE			
You Create it ! We Make It ! Lean Ham, Lean Diced Chicken Breast, Tuna, Lettuce, Tomato, Cucumber, Egg, Capsicum, Celery, Pineapple, Avocado, Beetroot, Sauces (toasted optional)			E Cheese, Tomato \$4.00 Salad \$5.50 Meat extra \$1.00 Rolls extra \$1.00 Whole Wrap \$8.50

SALADS			
Small salad box		E	\$6.00
Salad plate with choice of lean chicken or lean ham		E	\$8.00
Fruit Salad Box		E	\$5.00
The Mond—hollowed out bread roll filled with a choice of salad and lean chicken or lean ham		E	\$6.50

HOT FOODS			
Chicken Fillet Burger - Flamed grilled breast fillet, lettuce & mayo	H	E	\$5.50
Chicken Fillet Burger - Flamed grilled breast fillet, cheese & sauce	H	E	\$5.50
Chicken Fillet Piece	H	E	\$3.50
Hot Chicken Wrap - Diced chicken breast, grated cheese & chilli or BBQ sauce	H	E	\$5.50
Hot Beef Wrap with grated cheese & BBQ Sauce	H	E	\$5.50
Cheese Toastie	H	E	\$2.50
Butter Chicken with Rice 350g (Winter Only - Term 2 & 3)	H	E	\$6.00
Pasta Tubs 350g (Winter Only - Term 2 & 3) with Cheese	H	E	\$5.00
Pasta Tubs 350g (Winter Only - Term 2 & 3) without Cheese	H	E	\$4.50
Nachos (Thursday and Friday only)	H	O	\$5.00
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HOT FOODS (cont.)			
Turkish Bread Pizza - Tomato Paste, Cheese		E	\$3.00
Turkish Bread Pizza - Tomato Paste, Lean Ham, Pineapple, Cheese		E	\$4.00
Turkish Bread Pizza - BBQ Sauce, Lean Chicken, Cheese		E	\$4.00
Turkish Bread Toasties - Lean Ham, Cheese & Tomato		E	\$5.00
Turkish Bread Toasties - Lean Chicken, Avocado, Cheese, Sweet Chilli Sauce		E	\$5.00
Turkish Bread Toasties - Lean Ham, Cheese & Pineapple		E	\$5.00
Sauce		E	\$0.50
Chicken Stick Roll with choice of sauce	H	O	\$5.00
Sweet Chilli Chicken Roll	H	O	\$5.00
Chicken Goujongs (5 pieces)	H	O	\$4.00
Spinach & Ricotta Roll 120g	H	O	\$4.50
Sausage Rolls 120g	H	O	\$4.00
Four'n Twenty 160g Traveller Beef Meat Pies		O	\$5.50
Fantastic Cup of Noodles 70g - Chicken / Beef		O	\$4.00
Hot Dogs with sauce		O	\$4.00
GoGo Garlic Bread 75g	H	O	\$3.00
Gluten Free Chicken Tenders	H	O	\$2.00
Lasagne 220g Alina Fine Food	H	E	\$5.00
ICE BLOCKS			
Quelch Icy Tubes 70ml - Assorted Flavours		E	\$1.00
Juicies 105ml tube (GF) - Lemonade / Wildberry		E	\$1.50
TNT- Blue Raspberry 65ml		O	\$1.50
Juicies Ice Treat - Tropical		E	\$2.00
Moosies (GF) - Chocolate		O	\$2.00

