



SUPER SPECIAL
ADD A 500ML SPRING WATER TO ANY SALAD OR COLD ROLLS FOR ONLY \$1.00

Salads

| | | | | Large | Small |
|------------------------------|---|-----------------|--|--------|--------|
| DUKKAH CRUSTED PUMPKIN SALAD | G | V G D F V | Dukkah crusted pumpkin, broccoli, house dried tomatoes, pepitas, baby spinach leaves, marinated fetta and sticky balsamic dressing. | \$6.90 | \$4.90 |
| VERMICELLI NOODLE | G | D F G F | Vermicelli noodles lightly coated in sesame oil, julienne carrots, capsicum and spring onions, Chinese cabbage, coriander and mint with Asian chicken and a honey lime dressing. | \$6.50 | \$4.90 |
| GREEK | G | V | Lettuce, marinated fetta cheese, Kalamata olives, roasted capsicum, red onion, tomato, cucumber with a garlic and oregano vinaigrette. | \$6.50 | \$4.90 |
| CHICKEN CAESAR | A | | Seared chicken, egg, bacon, lettuce, tomato, cucumber, parmesan cheese and Caesar dressing. | \$6.50 | N/A |
| TANDOORI CHICKEN | G | G F | Tandoori chicken breast, lettuce, cucumber, red onion, roasted capsicum, cheese and yoghurt dressing. | \$6.50 | N/A |
| FALAFEL | G | V G V | Falafel nuggets, lettuce, tomato, cucumber, carrot, roasted capsicum, red onions and mint yoghurt dressing. | \$6.50 | N/A |
| CHICKEN PENNE | A | | Penne pasta lightly coated in Caesar dressing, sliced chicken breast, grilled bacon, spring onions and parmesan cheese. | \$5.50 | \$3.90 |
| FRUIT SALAD | G | V G D F V | Chopped seasonal fruits. | \$4.30 | N/A |

DID YOU KNOW?
OUR SALADS PROVIDE 3 SERVES OF YOUR DAILY VEGETABLE REQUIREMENT

V G Vegan V Vegetarian
G F Gluten free D F Dairy free



COLD ROLLS





COMBO DEALS
 BAGUETTE, WRAP OR SANDWICH PLUS A JUICE POPPER OR 500ML WATER
 \$6.50

Rolls, Wraps, Sandwiches

| | | | BAG | WRAP | SAND |
|------------------------------------|---|---|--------|--------|--------|
| CHICKEN SCHNITZEL | A | | \$5.50 | \$5.50 | \$5.50 |
| TANDOORI CHICKEN | G | | \$5.50 | \$5.50 | \$5.50 |
| BEEF | G | | \$5.50 | \$5.50 | \$5.50 |
| CREAMY CHICKEN | A | | \$5.50 | \$5.50 | \$5.50 |
| MEDITERRANEAN | A | | \$5.50 | \$5.50 | \$5.50 |
| PERI PERI CHICKEN | G | | \$5.50 | \$5.50 | \$5.50 |
| TURKEY & CRANBERRY | G | | \$5.50 | \$5.50 | \$5.50 |
| ROASTED VEGETABLE | G | V | \$5.50 | \$5.50 | \$5.50 |
| FALAFFEL | G | V | \$5.50 | \$5.50 | \$5.50 |
| TUNA & PARSLEY | G | | \$5.50 | \$5.50 | \$5.50 |
| HAM | A | | \$5.50 | \$5.50 | \$5.50 |
| TOASTED SANDWICH | G | V | | | \$3.20 |
| TOASTED SANDWICH | G | | | | \$3.80 |
| TOASTED GARLIC SUB | G | V | \$2.00 | | |
| HOT CHEESE & BACON STUFFED SUB (A) | A | | \$3.50 | | |

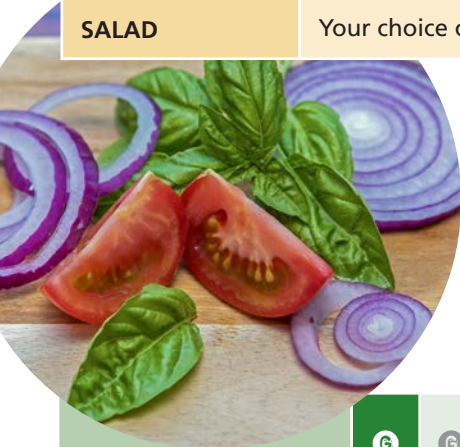


- V G Vegan
- V Vegetarian
- G F Gluten free
- D F Dairy free



Build Your Own

| | | | | | |
|------------------------|---|--------|--------|--------|--------|
| MEAT FILLINGS | Crumbed chicken, seared chicken, Tandoori chicken, ham, bacon, tuna with parsley mix, falafel, egg, turkey breast, roast beef and salami. | | | | |
| SALADS | Lettuce, tomato, cucumber, roasted capsicum, carrot, onion, cheddar cheese, fetta cheese, Kalamata olives | | | | |
| ROLL DRESSINGS | Mayonnaise (GF available), mint yoghurt, sweet chili aioli, Caesar, honey mustard, tomato sauce, BBQ sauce | | | | |
| SALAD DRESSINGS | Sticky balsamic (GF), creamy balsamic, Greek, mayonnaise (GF available), mint yoghurt, sweet chili aioli, Caesar, honey mustard. | | | | |
| | | x1 | x2 | x3 | 4+ |
| SANDWICH | Fillings = meat & salads | \$4.00 | \$4.50 | \$5.00 | \$5.50 |
| ROLL | Fillings = meat & salads | \$4.00 | \$4.50 | \$5.00 | \$5.50 |
| WRAP | Fillings = meat & salads (Lettuce is required in wraps) | \$4.00 | \$4.50 | \$5.00 | \$5.50 |
| SALAD | Your choice of 1 x meat, salad fillings and 1 x salad dressing | | | | \$6.50 |



Our baguettes, wraps and sandwiches are made fresh when you order them.

Gluten free rolls available \$1.50

V **G** Vegan **V** Vegetarian **G** **F** Gluten free **D** **F** Dairy free

Specialties

| | | | 1 ROLL | 2 ROLLS | 3 ROLLS |
|--|---------------------------------------|---|--------|---------|---------|
| SUSHI <i>(no variations allowed)</i> | G G F * | Teriyaki Chicken Teriyaki chicken, cucumber, capsicum and Kewpie mayonnaise. | \$3.30 | \$5.90 | \$7.90 |
| | G G F * | Tuna Tuna mixed with parsley and Spanish onion, cucumber and Kewpie mayonnaise. | \$3.30 | \$5.90 | \$7.90 |
| | G V G F * | Vegetarian Roasted sweet potato, Avocado, cucumber, Chinese radish and Kewpie mayonnaise. | \$3.30 | \$5.90 | \$7.90 |
| COLD ROLLS | G D F | Two large rice paper wraps filled with vermicelli noodles, julienne vegetable, fresh herbs and marinated chicken breast with a soy lime dressing. | | | \$5.90 |
| VIETNAMESE MEAT ROLL (BANH MI) | G | Vietnamese roll filled with Saigon chicken, cucumber, carrot, spring onion, coriander, lettuce, Chinese radish & sriracha aioli (mild). | | | \$5.50 |

**Gluten free without soy sauce sachets*





CHICKEN NOODLES



DID YOU KNOW?
OUR NAPOLITANA SAUCE IS PACKED FULL OF HIDDEN VEGGIES!!

Home Cooked

| | | | | |
|------------------------|---|-----------|--|--------|
| BUTTER CHICKEN | G | G F | Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with rice | \$5.00 |
| PENANG CHICKEN CURRY | G | D F | Fragrant South Eastern Chicken curry with rice | \$5.00 |
| BEEF LASAGNE | A | | Bolognaise and béchamel sauce baked between fresh pasta sheets | \$5.00 |
| VEGAN LASAGNE | G | V G D F V | Pasta sheets layered with our Napolitana sauce and oven roasted vegetables | \$5.00 |
| ROAST CAPSICUM RAVIOLI | G | V | Spinach and ricotta ravioli topped with our tomato and roasted capsicum sauce and parmesan cheese | \$5.00 |
| SWEET CHICKEN NOODLES | G | | Hokkien noodles in our sweet chili and soy sauce with chicken breast, fresh coriander, spring onions, carrots, capsicum and broccoli | \$5.00 |

HOT HOME COOKED COMBOS
ANY HOME COOKED MEAL PLUS A FRUITYLICIOUS JUICE OR NIPPYS 250ML MILK \$7.50



Burgers

RORY'S SCHOOL LUNCHES PROVIDES THIS PRE-ORDER MENU AS WELL AS A CAFETERIA-STYLE RECESS AND LUNCH TIME SERVICE. We offer a large rotating range of daily food items including: pasta • stir fry • noodle dishes • curries • rice dishes • oven bakes • yiros • toasted subs • burgers & hotdogs • breakfast wraps and muffins • freshly made baguettes, wraps and sandwiches • specialty salads • drinks, ice confectionery and snack items

| | | | | |
|---|-------------------------------------|-----------|--|--------|
| A | BEEF AND CHEESE BURGER | | Premium beef pattie, cheese and tomato sauce on a sesame bun | \$4.40 |
| A | CRUMBED CHICKEN BURGER | | Crumbed chicken breast pattie, lettuce and mayonnaise on a sesame bun | \$4.40 |
| G | GRILLED CHICKEN BURGER | | Grilled chicken breast pattie, cheese, lettuce, tomato and mayonnaise on a sesame bun | \$4.90 |
| G | MEXICAN BURGER WITH SMASHED AVOCADO | V G D F V | Mexican black bean patty with lettuce, tomato, smashed avocado and sweet chilli sauce on a gluten free bun | \$5.90 |



We only use breast chicken and 95% fat free beef mince.

MEXICAN BURGER





POTATO WEDGES

ALL OF OUR PIZZAS ARE MADE FRESH IN HOUSE AS IS OUR DELICIOUS FRENCH ONION DIP!

Oven baked

| | | | | |
|-----------------------------|---|-------|---|--------|
| POTATO WEDGES | A | V | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$4.50 |
| NACHOS | A | V | Corn chips served with tomato salsa and grilled cheese | \$4.80 |
| POTATO GEMS | A | V V G | With tomato sauce | \$3.50 |
| 4 X CHICKEN BREAST NUGGETS | A | | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$3.60 |
| 6 X CHICKEN BREAST NUGGETS | A | | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$4.90 |
| 3 X CRUMBED CHICKEN TENDERS | A | | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$4.90 |

COMBO DEAL
5 X CHICKEN BREAST NUGGETS PLUS ANY SNACK ITEM PLUS YOUR CHOICE OF JUICE POPPER OR 500ML WATER \$6.90



Snacks

| | | | | |
|------------------|---|---------------|--|--------|
| WATERMELON CUP | G | V G V G F D F | Watermelon chunks | \$2.00 |
| JELLY CUP | A | V D F | | \$2.00 |
| CHOCOLATE MOUSSE | A | V | | \$2.00 |
| DIPS N STICKS | G | V G F | French onion dip with carrot & celery sticks | \$2.00 |
| CHIPS | A | | Sea Salt, Honey Soy | \$2.00 |
| HASH BROWN OVAL | A | V G V G F | | \$2.00 |

Pizza

| | | | | |
|-------------|---|---|---|--------|
| MARGHERITA | G | V | Pizza sauce and melted mozzarella cheese | \$4.50 |
| HAWAIIAN | A | | Pizza sauce, diced ham, pineapple and melted mozzarella cheese | \$5.00 |
| BBQ CHICKEN | A | | Pizza sauce, chicken breast, bacon, pineapple, BBQ sauce and melted mozzarella cheese | \$5.00 |
| VEGORAMA | G | V | Pizza sauce, roasted sweet potato, eggplant, zucchini and capsicum, red onion, fresh basil and melted mozzarella cheese | \$5.90 |



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Lunch order bags
10 for \$0.20

HOT DOG WITH SAUCE



WE SELL THE
BALFOURS BETTER
BITE RANGE WHICH
ARE REDUCED
SODIUM AND FAT.

Better Bite Pastries

| | | |
|--------------|--------------------------------------|--------|
| A | BALFOURS JUNIOR SNACK PIE | \$3.20 |
| A | BALFOURS PIE, PASTIE & SAUSAGE ROLLS | \$4.30 |
| SAUCE | | \$0.20 |



Hot Dogs

| | | |
|----------|-----------------------------|--------|
| A | PUPPY DOG WITH SAUCE | \$2.70 |
| A | HOT DOG WITH SAUCE | \$4.20 |
| A | HOT DOG WITH CHEESE & SAUCE | \$4.60 |

Iceblocks

A further range of iceblocks and drinks may be available, please enquire at the canteen.

| | | | |
|----------|---------------------------|------------------------|--------|
| A | ZOOPER DOOPER | ASSORTED FLAVOURS | \$1.00 |
| A | ICY POLE | Lemonade | \$1.50 |
| A | FROSTY FRUITS | Natural Tropical | \$2.50 |
| A | LIFE SAVERS | | \$2.50 |
| G | NIPPY'S FROZEN FRUIT CUPS | Apple and Blackcurrant | \$1.80 |
| A | MILO SCOOP | | \$3.40 |
| A | BILLABONG | Rainbow Chocolate | \$2.00 |



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Drinks



| | | | | |
|----------|----------------------------------|-------|--|--------|
| G | NATURAL SPRING WATER | 500ml | | \$2.50 |
| A | FOCUS WATER | 300ml | Lemonade, Blackcurrant, Raspberry | \$3.20 |
| G | UP AND GO | 250ml | Chocolate, Strawberry, Banana | \$3.00 |
| G | 100% JUICE POPPERS | 250ml | Apple, Apple-Blackcurrant, Orange | \$2.60 |
| A | NIPPY'S FLAVOURED MILK | 250ml | Chocolate, Strawberry, Honeycomb | \$3.20 |
| G | NIPPY'S 100% JUICE FRUITYLICIOUS | 350ml | Orange, Apple Guava, Apple Blackcurrant, Multi Fruit | \$3.50 |