



# CANTEEN HEALTHY OPTIONS MENU

## DAILY SPECIALS

**MONDAY:**  
 Potato Nuggets/Wedges.....2.20 – 2.80

**TUESDAY:**  
 Hot Dogs .....from 3.20

**WEDNESDAY:**  
 Sushi .....from 2.60  
 Oriental.....from 0.70  
 (Homemade Fried Rice, Spring Rolls, Dim Sims etc)

**THURSDAY:**  
 Sushi .....from 2.60

**FRIDAY:**  
 Potato Nuggets/Wedges.....2.20 – 2.80

## BREKKY MEAL DEAL

One 2 Filling Toasted Sandwich (No Chicken)  
 & Small Flavoured Milk or Popper .....4.20  
 & Large Flavoured Milk or Juice .....5.20

## BREAKFAST (Amber/Green Category)

**Toasted Sandwiches Whole**

Chicken & Cheese .....3.60  
 Cheese & Tomato.....2.50  
 Double Cheese .....2.60  
 Ham & Cheese .....2.80  
 Ham & Tomato.....2.50

**Hash Brown.....1.20**

**Egg & Bacon Muffin (Cheese .20 extra)..2.70**

**Fruit Bun / Bread (1 slice) .....1.00**

**Muffins / Slices (low fat) Assorted .from 1.60**

**Fresh Fruit (piece) .....80**

**Frozen / Fresh Fruit Yoghurt.....from 1.60**

**Fruit Salad (fruit in season).....2.20**

## HOT FOOD (Amber Category)

**Chicken Burgers (lettuce & mayo) ....from 3.80**

**Hamburgers .....from 3.80**

**Chicken / Chilli Dog .....3.30**

**Chicken & Corn Rolls .....2.30**

**Chicken / Roast Beef & Gravy Roll.....3.00**

**Hot Dog / Hot Dog & Cheese.....from 3.20**

**Noodles (only last ½ hour of lunch break).... 2.60**

**Pies Large .....3.40**

**Pies Gourmet .....3.60**

**Pizza Roundas .....2.80**

**Sausage Rolls Assorted.....from 2.40**

**Small Meals .....3.80**

**Toasted Sandwiches ..... Breakfast Prices**

**Garlic Bread .....1.40**

**Hot Cheese & Vegemite Scrolls.....1.70**

**Hot Pizza Scrolls.....1.70**

**CATERING: PLATTERS** Sandwiches, Cakes, Hot Mix (Sml/Med/Lge) **24 HOURS NOTICE REQUIRED**

## COLD FOOD (Green Category)

**Sandwiches / Rolls (.50 extra)**

Cheese & Salad .....3.50  
 Cheese & Tomato .....2.30  
 Chicken & Cheese .....3.50  
 Chicken & Lettuce .....3.30  
 Chicken, Lettuce & Mayo .....3.40  
 Chicken & Salad.....3.60  
 Corned Beef Cheese Pickle .....2.80  
 Corned Beef Cheese Tomato.....2.80  
 Corned Beef & Salad .....3.60  
 Egg & Lettuce.....2.40  
 Ham & Cheese.....2.60  
 Ham & Tomato .....2.40  
 Ham/Cheese/Tomato .....2.80  
 Ham & Salad .....3.60  
 Roast Beef/Cheese/Tomato .....2.80  
 Roast Beef & Pickle .....2.50  
 Roast Beef Salad .....3.60

**Pita Bread (Half / Whole) Toasted (.20 extra)**

Cheese & Salad .....1.80 – 3.60  
 Chicken Salad .....1.90 – 3.80  
 Ham & Salad .....1.90 – 3.80  
 Roast Beef Salad .....1.90 – 3.80

**Foccacia Bread**

Cheese.....4.70  
 Chicken .....4.80  
 Ham .....4.80  
 Roast Beef .....4.80  
 Turkey .....4.80

**Extras: Avocado Fetta Sundried Tom etc .....30**

## MISCELLANEOUS (Green Category)

**Frozen Fruit Cups .....1.00**

**Carrot / Celery Stick & Dip .....1.00**

**Healthy Vegetable Bags .....1.50**

**Mixed Fruit & Nut Bags .....from .60 – 1.50**

**Salad Tubs.....from 2.50**

**Salad Plate.....from 4.50**

**Salad Plate & Meat (choice) .....4.80**

## DRINKS (Amber/Green Category)

**Hot Chocolate .....2.20**

**Juices.....2.00 – 2.50**

**Milk Plain .....70 – 1.40**

**Milk Flavoured.....from 1.80**

**Poppers/Fruit Juice/Polar Crush.....from 1.60**

**Smoothies (upon request) .....4.00**

**Water.....from 1.60**

## IMPORTANT BEFORE 9.00AM YOU MUST:

- Deliver to canteen food that requires heating which incurs a cost of 50 cents after this time.
- Order and pay for Special Orders.



WELCOME TO ROBINA STATE HIGH SCHOOL P&C CANTEEN

12 FACTS ABOUT VOLUNTEERING

- Meet new friends, we are friendly and I promise none "BITE".
- Volunteering is extremely rewarding and is one of the most important roles in the school.
- Remember we wouldn't have a successful Canteen without you.
- Your children love to see you there (even though they don't always show it).
- You are better informed about your child's progress, see behind the scenes and become part of the school community.
- Try just once, we guarantee you'll be back! **It's great fun!**
- The more volunteers the less to be done, as we have two canteens.
- You do not have to handle any money. It's all self serve and we take the money.
- Have the opportunity to tell or hear great jokes (Catrina will read your stars).
- Only 5 hours a month. Join with a friend!
- One very important detail **WE ARE AIR CONDITIONED!!**
- Morning tea, lunch and bottomless cups of tea and coffee are provided free by the canteen.

**We look forward to seeing you soon. Leonie, Sally,**

**Catrina, Tammy & Kim**