



# Manly Vale Public School

## Red Owl Canteen Menu

2023

### Sandwiches

Build your own sandwich	\$1.50
wrap	80c
gluten free bread	\$1.20
wholemeal roll	\$1.00
toasted	50c
add olive oil spread	20c

### Fillings

Avocado	50c
Vegemite	50c
Honey	50c
Jam	50c
Cheese	80c
Ham	\$1.00
egg	\$1.00
falafel	\$1.60
Salad (lettuce, tomato,cucumber & carrot)	\$2.00
Beetroot	30c
carrot	40c
Cucumber	50c
Lettuce	60c
Tomato	50c
Mayo	20c
Tomato Sauce	20c

### Hot Food

Corn in a cup	\$2.50
Garlic Bread	\$3.00
Hot Cheese roll	\$4.00
Sausage Roll	\$4.20
spinach & ricotta roll	\$4.20

### Daily Specials

Pasta Bolognaise	\$5.50
Add cheese	\$1.00
Mac & Cheese	\$5.50
Chicken Wrap	\$5.50
pizza wrap (BBQ chicken, cheese)	\$4.80
Butter chicken with rice	\$6.00

### Salad Boxes

Basic salad - lettuce, tomato, cucumber & grated carrot	\$4.00
crunchy noodle salad- chunky cucumber, tomato and shredded lettuce and carrot with a generous sprinkle of crunchy noodles	\$4.50
Falafal Salad - basic salad plus Falafal, Avocado and Hummus	\$8.00



See reverse for Sushi options, snacks and lots more

Order via [www.flexischools.com.au](http://www.flexischools.com.au)  
Opening Hours: 9am - 1.30pm

## Sushi

### Tuesday- Friday

#### Sushi Hand Rolls:

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

#### Sushi Baby Boxes (9 pieces):

Avocado, Cucumber, Tuna or  
Teriyaki chicken \$4.20

#### Rice Paper Rolls:

Teriyaki Chicken with lettuce &  
noodles

veggies with lettuce & noodles

Single Pack \$3.60  
Double Pack \$7.00

## Snacks

Apple Slinky \$2.00  
Fresh Fruit-  
Apple, \$1.50  
Banana, \$1.50  
Orange (quartered) \$2.00  
Banana Bread \$2.00  
Banana Bread 1/2 slice \$1.00  
Anzac cookie \$1.00  
Bread Stick 30c  
Carrot Sticks (5) 80c  
Hard Boiled Egg \$1.00  
Hummus with Carrot Sticks \$2.00  
Cheese and crackers \$1.50  
Popcorn (salted) \$1.50  
Cheese stick -Bega Stringers \$1.00  
Sultanas \$1.00  
Rice Cake 30c

## Frozen Treats

Canteen Made Iceblock mini 50c  
Canteen made iceblock large \$1.00  
Frozen Juice Cup (99% juice) \$1.00  
Frozen Pineapple 50c  
Frozen Watermelon 50c  
Juicie \$2.00  
Quelch Stick (99% juice) 80c  
Twisted Frozen Yoghurt \$2.50  
Vanilla Icecream Cup \$2.00  
moosie- chocolate \$2.00  
Ice Mony- TNT \$1.50

## Drinks

Chocolate or Strawberry Milk \$3.00  
Emma & Tom's Juice \$3.00  
Emma & Tom's smoothie \$3.00  
Paper Bag 20c



## How to get in touch

Please contact Becky on  
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