



# Manly Vale Public School

## Red Owl Canteen Menu

### Term 1 and 4 2022

#### Sandwiches

Build your own sandwich	\$2.00
wrap	60c
gluten free bread	80c
wholemeal roll	70c
toasted	50c
add butter	20c

#### Fillings

Avocado	80c
Vegemite	40c
Honey	50c
Cheese	80c
Ham	\$1.00
egg	\$1.00
falafel	\$1.60
Salad (lettuce, tomato, cucumber & carrot)	\$1.20
Beetroot	
carrot	
Cucumber	
Lettuce	
Tomato	40c
Mayo	20c
Tomato Sauce	40c

#### Salad Boxes

Basic salad - lettuce, tomato, cucumber & grated carrot	\$4.50
Falafal Salad - basic salad plus Falafal, Avocado and Hummus	\$8.00

#### Hot Food

Corn on the cob	\$1.00
Garlic Bread	\$2.00
Hot Cheese Roll	\$4.00
Sausage Roll (contains egg) (Tues, Thur & Fri)	\$4.00

#### Monday

Pasta Bolognese	\$5.00
Gluten Free Pasta Napoli	\$5.00
Cheese tub (to add cheese)	80c

#### Wednesday

1 slice of stone baked Cheese and Tomato pizza with homemade pizza sauce	\$3.00
1 slice of stone baked Ham and Pineapple Pizza with homemade pizza sauce	\$3.50



See reverse for Sushi options, snacks and lots more

Order via [www.flexischools.com.au](http://www.flexischools.com.au) or at the canteen counter before 9am  
Opening Hours: 8.30am - 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 \$1.20  
Fresh Fruit- Apple, Banana,  
or quartered Orange \$1.00  
Banana Bread \$2.00  
Banana Bread 1/2 slice \$1.00  
Canteen Baked Anzac cookie 80c  
Bread Stick 20c  
Carrot Sticks (5) 60c  
Gingerbread Kid \$1.20  
Hard Boiled Egg \$1.00  
Hummus with Carrot Sticks \$1.50  
Popcorn (bbq, chicken, salted) \$1.20

## Frozen Treats

Canteen Made Iceblock mini 50c  
Canteen made iceblock large 80c  
Frozen Juice Cup (99% juice) 80c  
Frozen Pineapple 50c  
Frozen Watermelon 50c  
Juicie \$1.50  
Quelch Stick (99% juice) 60c  
Twisted Frozen Yoghurt \$2.00  
Vanilla Icecream Cup \$1.50

## Drinks

Chocolate or Strawberry Milk \$2.70  
Emma & Tom's Juice \$2.50  
Emma & Tom's smoothie \$2.50  
Paper Bag 20c

## How to get in touch

Please contact Robyn or Becky on  
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