

2025 CANTEEN MENU

ORDERS ARE TO BE PLACED ON QKR! BEFORE YOUR SCHOOLS CUT OFF TIME.

For further information visit www.rorys.com.au or call our support line on Ph: (08) 7084 1801



SALADS

● Chicken Caesar Salad \$7.50

Chicken, egg, bacon, cos lettuce, tomato, cucumber and parmesan cheese with a classic Caesar dressing. **LG**

● Greek Salad \$7.50

Feta, olives, Spanish onion, roasted capsicum, cherry tomato, lettuce mix and cucumber with a balsamic vinaigrette.. **VG LG**

● Vietnamese Chicken Salad \$8.50

Vermicelli noodles lightly coated in sesame oil and Asian style dressing with Vietnamese style chicken breast, carrots, Chinese cabbage and cucumber. **LG DF H**

● Roasted Chickpea and Beetroot Salad \$8.50

Lightly spiced roasted chickpeas, roasted beetroot, lettuce mix, cherry tomatoes and red onion with a Green Goddess dressing. **VG V DF LG H**

● Caesar Pasta Salad 280g \$5.90

Penne pasta tossed with diced bacon and parmesan cheese, chives with a classic Caesar dressing.

● Chicken Tex Mex Salad \$8.50

Mexican infused chicken breast, sweet corn, carrot, low-fat cheese, onion and Chinese cabbage with a Southwest chipotle dressing. **H**

FRUITS

● Seasonal Fruit Salad \$4.60

Freshly cubed seasonal fruits. **VG V DF LG H**

● Sliced Orange Tubs \$3.50

Freshly sliced orange. **VG V DF LG H**

● Red Apple Whole \$1.70

VG V DF LG H



ROLLS, WRAPS & SANDWICHES

Sandwich \$5.50 Roll / Wrap \$7.50 Low Gluten Roll \$7.00

● Chicken Breast Lettuce & Low-Fat Mayo **H** \$5.50

● Ham & Low-Fat Cheese \$5.50

● Egg Lettuce & Low-Fat Mayo **VG H** \$5.50

● Chicken Breast Schnitzel

Oven roasted chicken breast schnitzel, lettuce, low-fat cheese and mayo. **H**

● Roast Beef

Beef, beetroot pesto, lettuce, onion, cucumber and low-fat mayo. **LG**

● Mediterranean

Salami, lettuce, tomato and basil pesto mayo. **LG**

● Turkey & Cranberry

Turkey, cranberry, lettuce, cucumber, onion, low-fat cheese and mayo. **LG**

● Classic Ham

Ham, cheese, cucumber, tomato, carrot and lettuce with low-fat mayo. **LG**

● Smashed Falafel & Avo

Smashed falafels and avocado with baby spinach, tomato, cucumber and Spanish onion with vegan Smokey Chipotle dressing. **VG V DF H**



● Green Foods ● Amber Foods

DID YOU KNOW? OUR SALADS PROVIDE 3 SERVES OF YOUR DAILY VEGGIE REQUIREMENTS

LG Low Gluten

V Vegan

VG Vegetarian

DF Dairy Free

H Halal Friendly

LG Low Gluten Option

*Low Gluten - Low-gluten products do not contain gluten as a listed ingredient, however, they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.





TOASTED SANDWICHES

- **Low-Fat Cheese** VG H **\$5.00**
- **Low-Fat Cheese & Vegemite** VG H **\$5.00**
- **Ham & Low-Fat Cheese** **\$5.50**

- **Low-Gluten With Low-Fat Cheese** **\$6.50**
Served on gluten-free wholemeal bread. LG VG H
- **Low-Gluten With Ham & Low-Fat Cheese** **\$7.00**
Served on gluten-free wholemeal bread. LG

TOASTED FLAT BREADS

- **Chicken & Avocado** **\$8.40**
Chicken with avocado, baby spinach and low-fat cheese with Ranch dressing. H
- **Crumbed Chicken** **\$8.40**
Crumbed chicken, low-fat cheese, baby spinach and low-fat mayo. H

- **Roasted Vegetable** **\$8.40**
Roasted root vegetables, low-fat cheese, baby spinach and basil pesto mayo. VG H
- **Salami** **\$8.40**
Salami, low-fat cheese, baby spinach and tomato relish.

SPECIALTIES

- **Chicken Cold Rolls** **\$8.40**
Two large rice paper wraps filled with Vermicelli noodles tossed in a sesame and Asian style dressing with julienne carrot, mixed lettuce and marinated chicken breast. LG DF H
- **Tofu Cold Rolls** **\$8.40**
Two large rice paper wraps filled with Vermicelli noodles tossed in a sesame and Asian style dressing with julienne carrot, mixed lettuce and marinated tofu. VG V LG DF H

- **Banh Mi – Vietnamese Chicken Roll** **\$8.50**
Vietnamese roll filled with marinated chicken breast, cucumber, carrot, lettuce and mild Sriracha aioli. H
- **Banh Mi – Vietnamese Tofu Roll** **\$8.50**
Vietnamese roll filled with marinated tofu, cucumber, carrot, lettuce and mild Sriracha aioli. VG H

SUSHI

*Sushi is available Tuesdays to Fridays (Not available Mondays).

- **Sushi - Teriyaki Chicken** **\$8.50**
Teriyaki chicken, cucumber and low-fat mayo. LG DF H
- **Sushi - Spicy Tuna** **\$8.50**
Spicy tuna mix, cucumber and low-fat mayo. LG DF H

- **Sushi - Chicken Schnitzel** **\$8.50**
Oven baked schnitzel, cucumber and low-fat mayo. DF H
- **Sushi - Roasted Pumpkin** **\$8.50**
Oven roasted pumpkin, cucumber and kewpie mayo. LG DF H V

Sushi can be ordered via the Sushi Menu on QKR.

Orders cut-off the day prior at 8 am, however, orders can be placed up to 2 weeks in advance.

PIZZA

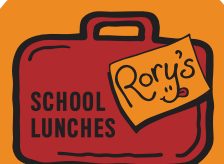
- **Margherita Pizza** **\$6.40**
Low-fat cheese and Rory's pizza sauce. VG H

- **Australian Pizza** **\$6.30**
Diced bacon, low-fat cheese and Rory's pizza sauce.

● Green Foods ● Amber Foods

LOW GLUTEN ROLLS WILL BE AUTOMATICALLY SERVED WITH LOW GLUTEN DRESSINGS

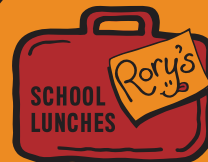
HALAL FRIENDLY – *Rory's School Lunches does not operate Halal-certified kitchens or manufacturing facilities, however, we do supply many great products that are either Halal suitable by ingredient listing or contain Halal proteins certified by the manufacturer. These products are labeled on our menu as "Halal Friendly".*



2025 CANTEEN MENU

ORDERS ARE TO BE PLACED ON QKR! BEFORE YOUR SCHOOLS CUT OFF TIME.

For further information visit www.rorys.com.au or call our support line on Ph: (08) 7084 1801



HOME COOKED MEALS

● Butter Chicken \$7.50

Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with basmati rice.

LG H

● Teriyaki Chicken Noodles \$7.50

Hokkien Noodles tossed with marinated chicken and seasonal veg in a Teriyaki Sauce.

● Beef Lasagne \$7.50

Bolognaise and Bechamel sauce baked between fresh pasta sheets.

● Cheese & Tomato Pasta \$7.50

Gluten-free pasta tossed with Napolitana sauce and parmesan cheese.. VG LG H

● Nachos \$7.50

Toasted corn chips served with melted low-fat cheese and mild salsa. VG LG H



HOT DOGS

● Hot Dog \$6.30

● Hot Dog With Low-Fat Cheese \$6.50

● Puppy Dog \$4.50

All hotdogs can be served with or without tomato sauce & with or without butter

OVEN BAKED

● Chicken Breast Nuggets x 6 \$6.70

Includes your choice of dipping sauce - tomato, BBQ or low-fat mayo.

● Crumbed Chicken Tenders x 3 \$7.40

Includes your choice of dipping sauce - tomato, BBQ or low-fat mayo.

● Rite Bite Approved Sausage Roll \$5.50

120gm.

● Garlic Sub H \$4.00

BURGERS

● Beef & Cheeseburger \$6.60

Premium beef patty, low-fat cheese with tomato sauce on a 4" burger roll.

● Crumbed Chicken Burger \$6.50

Crumbed chicken breast patty and low-fat mayo on a 4" burger roll.

● BBQ Chicken Cheeseburger \$6.80

Crumbed chicken breast patty, low-fat cheese, BBQ sauce and low-fat mayo on a 4" burger roll.

Perfect
BURGER

● Green Foods ● Amber Foods

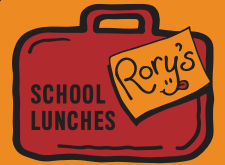
*Low Gluten - Low-gluten products do not contain gluten as a listed ingredient, however, they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.



2025 CANTEEN MENU

ORDERS ARE TO BE PLACED ON QKR! BEFORE YOUR SCHOOLS CUT OFF TIME.

For further information visit www.rorys.com.au or call our support line on Ph: (08) 7084 1801



Bon appetit!



SNACKS & DESSERTS

- | | | | |
|---|---------------|---|---------------|
| <ul style="list-style-type: none">● Red Rock Deli Chips Honey Soy, Sea Salt 28gm VG GF | \$3.00 | <ul style="list-style-type: none">● Moo Greek Style Yoghurt & Granola Strawberry 170gm VG | \$5.30 |
|---|---------------|---|---------------|

ICEBLOCKS

- | | | | |
|--|---------------|--|---------------|
| <ul style="list-style-type: none">● Frozen Fruit Cup Apple & Blackcurrant V VG GF DF H | \$2.40 | <ul style="list-style-type: none">● Everest 100ml Dixie Cup Choc-Malt Low-Fat Ice Cream, Mango Frozen Yoghurt VG GF | \$2.60 |
| <ul style="list-style-type: none">● Golden North Milky Swing Chocolate, Strawberry VG GF | \$3.80 | | |

DRINKS

- | | |
|---|---------------|
| <ul style="list-style-type: none">● Juice Popper Apple, Apple-Blackcurrant 250ml V VG GF DF H | \$3.50 |
| <ul style="list-style-type: none">● Nippy's Flavoured Milk 250ml - Low-Sugar & Lactose-Free Chocolate, Strawberry H | \$4.00 |
| <ul style="list-style-type: none">● Nippy's Flavoured Milk 500ml Chocolate, Strawberry H | \$5.90 |
| <ul style="list-style-type: none">● Up And Go Chocolate, Strawberry 250ml V | \$4.10 |
| <ul style="list-style-type: none">● Natural Spring Water 600ml V VG GF DF | \$2.50 |



● Green Foods ● Amber Foods



HALAL FRIENDLY - Rory's School Lunches does not operate Halal-certified kitchens or manufacturing facilities, however, we do supply many great products that are either Halal suitable by ingredient listing or contain Halal proteins certified by the manufacturer. These products are labeled on our menu as "Halal Friendly".