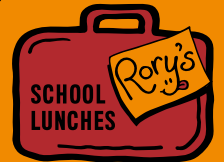


2026 CANTEEN MENU - TERM 4

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CLASSIC SALADS

● Chicken Caesar Salad \$8.10

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

● Greek Salad \$8.10

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

● Vietnamese Chicken Salad \$8.50

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

● Sweet Potato & Corn Salad \$8.50

Lightly seasoned roasted sweet potato, corn kernels, baby spinach, cucumber and red onion with a vegan Smokey chipotle dressing. **VG V DF LG H**

● Pick & Dip Pack \$7.90

Rice crackers and cheese with a tub of French onion dip served with carrots, baby cucumber, sugar snap peas, dried apple and orange wedges. **H VG LG**

● Caesar Pasta Salad - Small Size \$6.40

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

● Seared Chicken Salad - Small Size \$6.40

Seared marinated chicken, lettuce mix, cucumber, cherry tomato, carrot and onion with a Ranch dressing. **H LG**



FRUITS

● Seasonal Fruit Salad \$4.90

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

● Watermelon Tubs \$3.80

Freshly cubed watermelon. **VG V DF LG H**

● Sliced Orange Tubs \$3.80

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

● Red Apple Whole \$1.80

VG V DF LG H

ROLLS, WRAPS & SANDWICHES

Sandwich \$5.90 Roll / Wrap \$8.10 Low Gluten Roll \$9.00

● Chicken Breast Lettuce & Low-Fat Mayo **H** \$5.90

● Ham & Low-Fat Cheese \$5.90

● Egg Lettuce & Low-Fat Mayo **VG H** \$5.90

● Chicken Breast Schnitzel

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

● Roast Beef

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

● Mediterranean

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

● Turkey & Cranberry

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

● Classic Ham

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

● Smashed Falafel & Avo

Smashed falafels and avocado with baby spinach, tomato, cucumber and Spanish onion with a 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.





LUNCH PACKS

● Lunch Pack #1 \$10.60

Pack includes: Ham & Cheese Sandwich + Red Rock Honey Soy Chips (18gm) + Apple Blackcurrant Juice Popper (250ml).

● Lunch Pack #2 \$10.60

Pack includes: Chicken Schnitzel Wrap with lettuce and low-fat mayo + Chocolate Chip Cookie (40gm) + Apple Blackcurrant Juice Popper (250ml).

● Lunch Pack #3 \$10.60

Pack includes: Small Seared Chicken Salad with seared marinated chicken, lettuce mix, cucumber, cherry tomato, carrot and onion with a Ranch dressing + Zesty BBQ Corntos (20gm) + Apple Blackcurrant Juice Popper (250ml).



TOASTED SANDWICHES

● Low-Fat Cheese VG H \$5.40

● Low-Fat Cheese & Vegemite VG H \$5.40

● Ham & Low-Fat Cheese \$5.90

● Low-Gluten With Low-Fat Cheese \$7.00

Served on gluten-free wholemeal bread. LG VG H

● Low-Gluten With Ham & Low-Fat Cheese \$7.50

Served on gluten-free wholemeal bread. LG

TOASTED FLAT BREADS

● Chicken & Avocado \$9.00

Chicken with avocado, baby spinach and low-fat cheese with Ranch dressing. H

● Crumbed Chicken Parmy \$9.50

Crumbed chicken, low-fat cheese, ham, baby spinach, napolitana sauce and Caesar dressing.

● Tomato & Basil \$9.00

Tomato, roasted capsicum, red onion, baby spinach, low-fat cheese and basil pesto mayo. VG H

● Salami \$9.00

Salami, low-fat cheese, baby spinach and tomato relish.

SPECIALTIES

● Chicken Cold Rolls \$9.00

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 \$9.00

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 \$9.20

Vietnamese roll filled with marinated chicken breast, cucumber, carrot, lettuce and mild Sriracha aioli. H

● Banh Mi – Vietnamese Tofu Roll \$9.20

Vietnamese roll filled with marinated tofu, cucumber, carrot, lettuce and mild Sriracha aioli. VG H V

PIZZA

● Margherita Pizza \$6.60

Low-fat cheese and Rory's pizza sauce. VG H

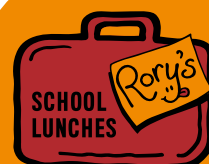
● Australian Pizza \$6.90

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

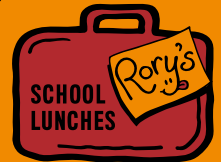
HALAL FRIENDLY – Rory's School Lunches does not operate Halal-certified kitchens or manufacturing facilities, however, we do supply many great products that are either Halal suitable by ingredient listing or contain Halal proteins certified by the manufacturer. These products are labeled on our menu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



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HOME COOKED MEALS

- **Butter Chicken** **Small \$6.40 Large \$8.10**
Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with basmati rice. **LG H**
- **Teriyaki Chicken Noodles** **\$8.10**
Hokkien Noodles tossed with marinated chicken and seasonal veg in a Teriyaki Sauce.
- **Beef Lasagne** **\$8.10**
Bolognaise and Bechamel sauce baked between fresh pasta sheets.
- **Cheese & Tomato Pasta** **\$8.10**
Gluten-free pasta tossed with Napolitana sauce and parmesan cheese. **VG LG H**
- **Nachos** **\$8.10**
Toasted corn chips served with melted low-fat cheese and mild salsa. **VG LG H**

SUSHI

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

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.

- **Sushi - Teriyaki Chicken** **\$9.20**
Teriyaki chicken, cucumber and mayo. **LG DF H**
- **Sushi - Spicy Tuna** **\$9.20**
Spicy tuna mix, cucumber and mayo. **LG DF H**
- **Sushi - Chicken Schnitzel** **\$9.20**
Oven baked schnitzel, cucumber and mayo. **DF H**
- **Sushi - Roasted Pumpkin** **\$9.20**
Oven roasted pumpkin, cucumber and mayo. **LG DF H V**

HOT DOGS

- **Hot Dog** **\$6.80**
- **Hot Dog With Low-Fat Cheese** **\$7.00**
- **Puppy Dog** **\$4.80**

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

OVEN BAKED

- **Chicken Breast Nuggets x 6** **\$7.20**
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.
- **Sausage Roll 120gm** **\$5.90**
- **Traveller Pie 160gm** **\$5.90**
- **Garlic Sub H** **\$4.30**

BURGERS

- **Beef & Cheeseburger** **\$7.00**
Premium beef patty, low-fat cheese with tomato sauce on a 4" burger roll.
- **Crumbed Chicken Burger** **\$7.00**
Crumbed chicken breast patty and low-fat mayo on a 4" burger roll.
- **BBQ Chicken Cheeseburger** **\$7.30**
Crumbed chicken breast patty, low-fat cheese, BBQ sauce and low-fat mayo on a 4" burger roll.

● Green Foods ● Amber Foods

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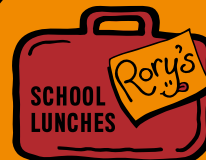
Perfect
BURGER



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Bon appetit!

SNACKS & DESSERTS

- **Red Rock Deli Chips** \$3.20
Honey Soy, Sea Salt 28gm **VG GF**
- **Corntos** \$1.80
Zesty BBQ 20gm
- **Moo Greek Style Yoghurt & Granola** \$5.50
Strawberry 170gm **VG**

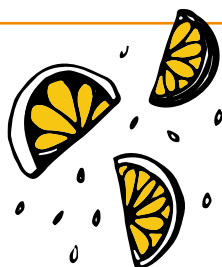


ICEBLOCKS

- **Frozen Fruit Cup** \$2.60
Apple & Blackcurrant **V VG GF DF H**
- **Golden North Milky Swing** \$4.00
Chocolate, Strawberry **VG GF**

DRINKS

- **Juice Popper** \$3.60
Apple, Apple-Blackcurrant 250ml
V VG GF DF H
- **Nippy's Flavoured Milk 250ml** \$4.20
Chocolate, Strawberry **H**
- **Nippy's Flavoured Milk 500ml** \$6.00
Chocolate, Strawberry **H**
- **Up And Go** \$4.20
Chocolate, Strawberry 250ml **V**
- **Natural Spring Water** \$1.50
600ml **V VG GF DF**



● Green Foods ● Amber Foods

I CHOOSE SA



#chooseSA

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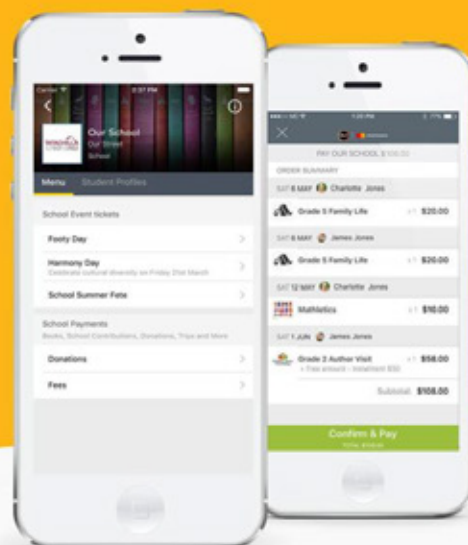
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For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

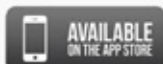
- Order and pay for your child's lunches, reducing the need to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

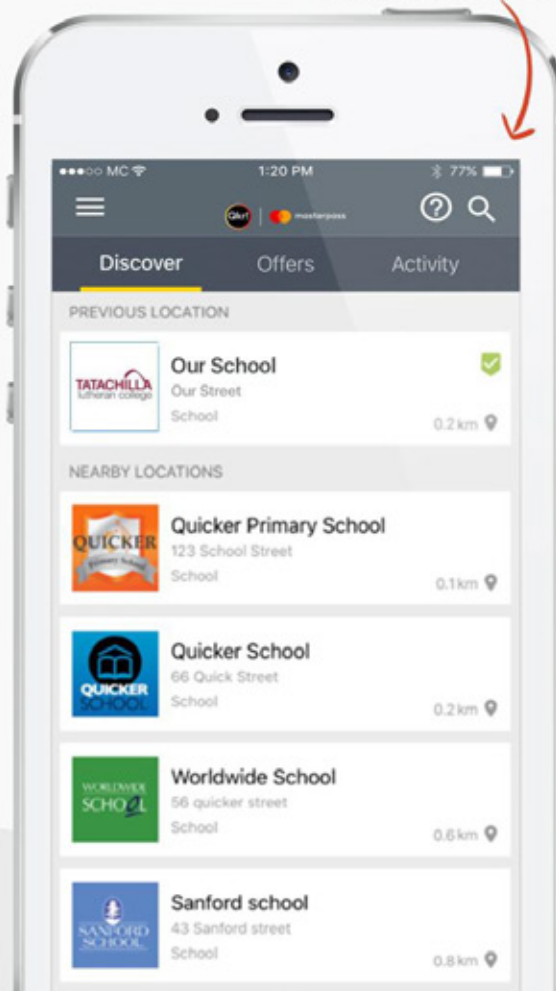
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name



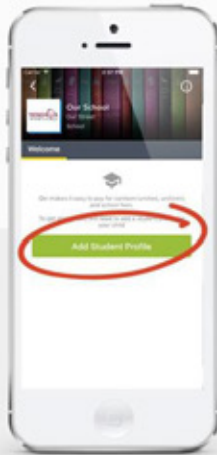


masterpass



Add your children's details in Student Profiles

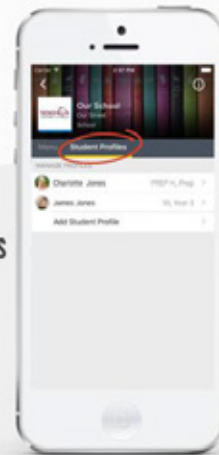
Select
'Add student profile'



Add each
child's details



Manage each
child's details in
Student Profiles

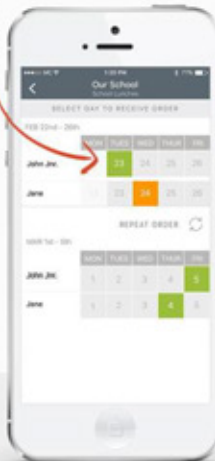


Order meals

Select a menu
from our canteen

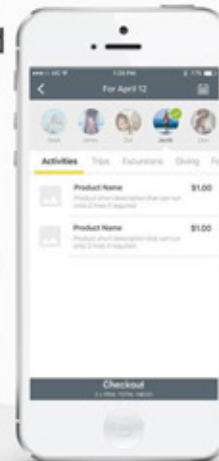


Tap the green
box to view
your receipt
or to cancel
an order



Select a date
for a child and
order a meal

Tap 'Repeat
order' to
copy all paid
orders from
one week to
the next



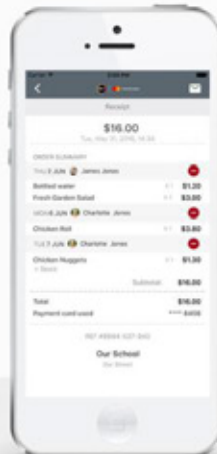
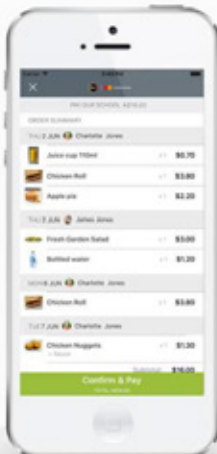
Tap to change
the date you
are ordering for

Tap to change
the child you are
ordering for

Tap 'Checkout'
then confirm and pay

Making payments

Add up to 5 cards to your wallet



At checkout select which card to
pay with.

Pay with any cards accepted
by the school.

Once your payment is approved you
can continue to the home page, or
view your receipt.

