



Sandwiches

Sandwiches are made using wholemeal bread (gluten free available). Butter is included on all sandwiches unless otherwise specified.

■ Ham	3.00
■ Cheese	3.00

Optional additions

■ Cheese	0.50
■ Lettuce	0.40
■ Carrot	0.40
■ Tomato	0.40
■ Cucumber	0.40
■ Tomato sauce	0.30
■ Mayonnaise	0.30
■ Mustard	0.30

Toasties

■ Cheese	3.50
■ Ham & cheese	4.00

Wraps

■ Chicken tender wrap Mayonnaise, lettuce, cucumber & carrot	5.00
■ Ham & salad wrap Mayonnaise, lettuce, cucumber & carrot	5.00

Hot food

■ Chicken burger with lettuce & mayonnaise	5.00
■ Hamburger with lettuce, tomato & cheese	5.00
■ Pizza sub	4.50
■ Sausage dog whole	5.00
■ Sausage dog half	2.50
■ Sausage roll	2.00
■ Chicken tenderloin	3.00
■ Macaroni cheese	5.00
■ Lasagne	5.00
■ Ham & cheese scroll	1.50

Salads

■ Chicken tender salad	5.00
■ Ham salad	5.00

Drinks

■ Nudie juice (250ml) Apple and tropical	2.00
■ Milkshakes Choc or Strawberry	2.00
■ Chilled Milo	2.00



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Snacks

■ Red Rock plain chips <i>GF</i>	1.00
■ Red Rock honey soy chicken	1.00
■ Red Rock sweet chilli & sour cream	1.00
■ Smiths salt and vinegar chips	1.00
■ Corntos <i>GF</i>	1.00
■ Hommus & crackers <i>GF</i>	1.50
■ Muffins	1.00
■ Choc chip cookie	1.00
■ Brekky munch <i>GF</i>	0.50
■ Popcorn plain or buttered	1.00
■ Fruit nuggets <i>GF</i>	0.50
■ Strawberry delights	0.20

Cold treats

■ Yoghurt ice block	1.00
■ Lemonade ice block	1.00
■ Vanilla ice cream cup <i>GF</i>	1.00
■ Frozen pineapple <i>GF</i>	0.30

■ = Eat mostly ■ = Eat moderately
■ = Eat less *GF* = Gluten free

Canteen Information

- Our canteen is open from 9:00am-1:30pm Thursday and Friday
- Lunch bags available for sale 10c each
- Place lunch orders in basket in the morning (name and class clearly marked)
- Food brought from home cannot be reheated at the canteen
- If your child is missing their lunch they will be provided with a healthy lunch and the cost sent home for payment next day
- Whilst every effort is made to ensure all allergy markers are up to date St Raphael's cannot guarantee that allergens may not be present in the product.

The canteen can only remain open with the support of volunteers.

To volunteer please contact:

Emma: EMAlexander@raph.catholic.edu.au

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