

ROWELLYN PARK PRIMARY

OPEN WEDNESDAY, THURSDAY AND FRIDAY

ORDERING ONLINE THROUGH QKR IS OUR PREFERRED METHOD OF PAYMENT

HEARTY HOT FOOD

Lasagne 97% fat free	\$5.80	☺☺☺
Macaroni Cheese 97% fat free	\$5.80	☺☺☺ V
Vegetarian Fried Rice 97% fat free	\$5.80	☺☺☺ V
Dim Sims Steamed	\$1.50	☺☺☺
Hot Noodles Chicken or Beef	\$3.50	☺☺
Chicken crumbed tender	\$2.50	☺☺GF
Hot Dog	\$4.20	☺☺
Beef Cheese Burger with Lettuce & Sauce	\$6.00	☺☺☺
Chicken & Cheese Burger with Lettuce & May	\$6.00	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.50	☺☺GF
Chicken Breast Nugget - Bag of 3	\$4.00	☺☺
Chicken Breast Nugget - Bag of 6	\$7.00	☺☺
Corn Cobbette	\$1.50	☺☺☺
100% Vegetable Pastie	\$5.80	☺☺ V
Lite N Up Beef Pie	\$5.80	☺☺
Lite N Up Sausage Roll	\$5.20	☺☺
Lite N Up Snack Party Pie	\$1.40	☺☺

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES

Baked Bean and Cheese	\$4.50	☺☺☺ V
Spaghetti	\$4.00	☺☺☺ V
Cheese	\$4.00	☺☺☺ V
Ham and Cheese	\$5.00	☺☺☺

Preferred Payment Method

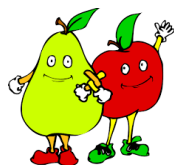


If your child has any food allergies please mark very clearly on the lunch bag

SPECIAL SNACKS

Popcorn, Butter, Cheese or Slightly Sweet	\$1.80	☺☺GF
Chips Honey/Soy	\$1.80	☺☺
Choc Chip Cookies	\$2.80	☺☺
Gingerbread	\$2.00	☺☺
Ovalteenies	\$1.30	☺☺
Homemade Mini Muffin	\$1.20	☺☺
Veggie Cup with Dip	\$2.20	☺☺☺GF
Fruit Salad Cup	\$2.30	☺☺☺GF
Yoghurt Frogs (5 pack)	\$1.00	☺☺
Jelly cup with fruit	\$2.00	☺☺GF

☺☺☺ Every Day Foods
 ☺☺ Select Carefully foods
 V Denotes Vegetarian
 GF Denotes Gluten Free.



SUPER SANDWICHES AND SALADS

		Sandwich
Vegemite	\$2.40	☺☺☺ V
Cheese	\$2.60	☺☺☺ V
Ham (97% fat free)	\$3.50	☺☺
Ham (97% fat free) and Salad	\$5.00	☺☺
Ham & Cheese	\$4.40	☺☺
Roast Chicken	\$4.40	☺☺☺
Roast Chicken & Salad	\$5.20	☺☺☺
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.40	☺☺☺ V
Egg & Lettuce	\$3.50	☺☺☺ V
Rolls or Wraps extra	\$0.80	
All sandwiches on wholemeal bread White bread available on request		
FRESH MADE SALAD BOXES		
Mixed Salad (lettuce,cucumber,tomato,cheese,carrot)	\$5.00 Regular	☺☺☺GF
Add beetroot	\$0.50	
Add egg	\$1.00	
Add Chicken or Ham	\$1.20	

EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.40	☺☺
LUNCH BAGS	\$0.30	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

250ml Water	\$1.60	☺☺☺GF
600ml Water	\$3.00	
250ml Milk (Reduced Fat) Chocolate, Strawberry	\$3.00	☺☺☺GF
100% Fruit Juice 250ml	\$3.00	☺☺☺GF
Apple or Tropical		
Chill J Sparkling 100% Fruit Juice	\$3.00	☺☺GF
Raspberry, Grape, Watermelon, Lemonade		

FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Blue)	\$2.50	☺☺☺GF
Frozen Pineapple and Watermelon	\$0.60	☺☺☺GF
Twisted Frozen Yoghurt Choc/Van or Mango/W'Melon/Strawberry	\$3.00	☺☺☺GF
Streets Paddle Pop Rainbow	\$2.60	☺☺

PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

PRICES SUBJECT TO CHANGE

EFFECTIVE JANUARY 2023