

# 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	\$6.10	☺☺☺
Macaroni Cheese 97% fat free	\$6.10	☺☺☺ V
Vegetarian Fried Rice 97% fat free	\$6.10	☺☺☺ V
Dim Sims Steamed	\$1.50	☺☺☺
Hot Noodles Chicken or Beef	\$3.50	☺☺
Chicken crumbed tender	\$2.70	☺☺GF
Hot Dog	\$4.50	☺☺
Beef Cheese Burger with Lettuce & Sauce	\$6.30	☺☺☺
Chicken & Cheese Burger with Lettuce & Mayo	\$6.30	☺☺☺
<b>Gluten Free</b> Hot Dog (no roll)	\$3.00	☺☺GF
Chicken Breast Nugget - Bag of 3	\$3.60	☺☺
Chicken Breast Nugget - Bag of 6	\$6.00	☺☺
Lite N Up Beef Pie	\$5.80	☺☺H
Lite N Up Sausage Roll	\$5.00	☺☺H
Lite N Up Snack Party Pie	\$1.50	☺☺H

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

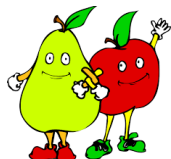


If your child has any food allergies please mark very clearly on the lunch bag

## SPECIAL SNACKS

Popcorn Butter	\$2.00	☺☺GF
Piranha Snaps Light & Tangy Salsa	\$2.00	☺☺
Chips Honey/Soy or Salt Vinegar	\$2.00	☺☺
Choc Chip Cookies	\$3.00	☺☺
Gingerbread	\$2.50	☺☺
Ovalteenies	\$1.40	☺☺
Homemade Mini Muffin	\$1.20	☺☺
Veggie Cup with Dip	\$2.20	☺☺☺GF
Fruit Salad Cup	\$2.30	☺☺☺GF
Sun Fruits	\$1.20	☺☺
Yoghurt Frogs (5 pack)	\$1.00	☺☺
Red Licorice	\$1.00	☺☺

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



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

EFFECTIVE JULY 2024

## SUPER SANDWICHES AND SALADS

		Sandwich	
Vegetite	\$2.50	☺☺☺ V	
Cheese	\$2.60	☺☺☺ V	
Ham (97% fat free)	\$3.60	☺☺	
Ham (97% fat free) and Salad	\$5.10	☺☺	
Ham & Cheese	\$4.50	☺☺	
Roast Chicken	\$4.50	☺☺☺	
Roast Chicken & Salad	\$5.30	☺☺☺	
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.50	☺☺☺ V	
Egg & Lettuce	\$3.70	☺☺☺ 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 egg	\$1.20	
Add Chicken or Ham	\$1.30	

## EXTRAS

Salad Dressing Tub	\$0.50	☺☺
Tomato Sauce	\$0.50	☺☺
<b>LUNCH BAGS</b>	<b>\$0.30</b>	

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

## DRINKS

600ml Water	\$3.15	☺☺☺GF
250ml Milk (Reduced Fat) Chocolate, Strawberry	\$3.45	☺☺☺GF
100% Fruit Juice 250ml	\$3.35	☺☺☺GF
Apple, Tropical & Apple Blackcurrant		
Chill J Sparkling 100% Fruit Juice	\$3.00	☺☺GF
Raspberry, Grape, Watermelon, Lemonade		☺☺GF

## FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes (Choc or Blue)	\$2.70	☺☺☺GF
Frozen Pineapple and Watermelon	\$0.80	☺☺☺GF
Twisted Frozen Yoghurt Choc/Van or		
Mango/W'Melon/Strawberry	\$3.10	☺☺☺GF
Streets Paddle Pop Rainbow	\$2.60	☺☺

PRICES SUBJECT TO CHANGE