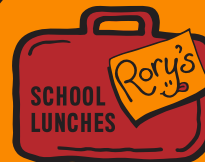


2024 CANTEEN MENU - TERM 1

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



SALADS

- **Chicken Caesar Salad** **\$6.90**
Chicken, egg, bacon, cos lettuce, tomato, cucumber and parmesan cheese with a classic Caesar dressing. **LG**
- **Greek Salad** **\$6.90**
Feta, olives, Spanish onion, roasted capsicum, cherry tomato, lettuce mix and cucumber with a balsamic vinaigrette. **VG LG**
- **Vietnamese Chicken Salad** **\$7.80**
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 Pumpkin Pesto Pasta Salad 280g** **\$5.40**
Pasta tossed with roasted pumpkin pesto and garden peas, chives and low-fat mayonnaise. **VG DF H**
- **Falafel Salad** **\$7.80**
Falafels, dried apricots, roasted beetroot, cherry tomatoes, lettuce and cucumber with a Ranch dressing. **VG H**
- **Chicken Tex Mex Salad** **\$7.80**
Mexican infused chicken breast, sweet corn, carrot, low-fat cheese, onion and Chinese cabbage with a Southwest chipotle dressing. **H**
- **Caesar Pasta Salad 280g** **\$5.40**
Penne pasta tossed with diced bacon and parmesan cheese, chives with a classic Caesar dressing.



FRUITS

- **Seasonal Fruit Salad** **\$4.30**
Freshly cubed seasonal fruits. **VG V DF LG H**
- **Watermelon Tubs** **\$3.20**
Freshly cubed watermelon. **VG V DF LG H**
- **Sliced Orange Tubs** **\$3.20**
Freshly sliced orange. **VG V DF LG H**
- **Red Apple Whole** **\$1.70**
VG V DF LG H

ROLLS, WRAPS & SANDWICHES

Sandwich \$5.90 Roll / Wrap \$6.90 Low Gluten Roll \$7.90

- **Chicken Breast Lettuce & Low-Fat Mayo** **H** **\$5.00**
- **Ham & Low-Fat Cheese** **\$5.00**
- **Egg Lettuce & Low-Fat Mayo** **VG H** **\$5.00**
- **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, sundried tomato, pickle, olives and Ranch dressing. **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 **\$4.50**
- **Low-Fat Cheese & Vegemite** VG H **\$4.50**
- **Ham & Low-Fat Cheese** **\$5.00**
- **Low-Gluten With Low-Fat Cheese** **\$5.80**
Served on gluten-free wholemeal bread. LG VG H
- **Low-Gluten With Ham & Low-Fat Cheese** **\$6.50**
Served on gluten-free wholemeal bread. LG

TOASTED FLAT BREADS

- **Chicken & Avocado** **\$7.70**
Chicken with avocado, baby spinach and low-fat cheese with Ranch dressing. H
- **Roasted Vegetable** **\$7.70**
Roasted root vegetables, low-fat cheese, sundried tomato, baby spinach and tomato relish. VG H
- **Crumbed Chicken** **\$7.70**
Crumbed chicken, low-fat cheese, baby spinach and low-fat mayo. H
- **Salami** **\$7.70**
Salami, low-fat cheese, baby spinach and tomato relish.

SPECIALTIES

- **Chicken Cold Rolls** **\$7.60**
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
- **Banh Mi – Vietnamese Chicken Roll** **\$7.60**
Vietnamese roll filled with marinated chicken breast, cucumber, carrot, lettuce and mild Sriracha aioli. H
- **Tofu Cold Rolls** **\$7.60**
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 Tofu Roll** **\$7.60**
Vietnamese roll filled with marinated tofu, cucumber, carrot, lettuce and mild Sriracha aioli. VG H

eat
GOOD
feel
GOOD

SUSHI

- **Sushi - Teriyaki Chicken** **\$7.60**
Teriyaki chicken, cucumber and low-fat mayo. LG DF H
- **Sushi - Spicy Tuna** **\$7.60**
Spicy tuna mix, cucumber and low-fat mayo. LG DF H
- **Sushi - Chicken Schnitzel** **\$7.60**
Oven baked schnitzel, cucumber and low-fat mayo. DF H

**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.

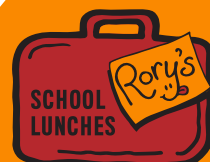
PIZZA

- **Margherita Pizza** **\$5.90**
Low-fat cheese and Rory's pizza sauce. VG H
- **Australian Pizza** **\$6.30**
Diced bacon, low-fat cheese and Rory's pizza sauce.

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LOW GLUTEN ROLLS WILL BE AUTOMATICALLY SERVED WITH LOW GLUTEN DRESSINGS

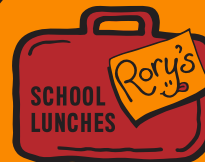
HALAL FRIENDLY – *Rory's School Lunches does not operate Halal-certified kitchens or manufacturing facilities, however, we do supply many great products that are either Halal suitable by ingredient listing or contain Halal proteins certified by the manufacturer. These products are labeled on our menu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



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HOME COOKED MEALS

● Butter Chicken \$6.90

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

LG H

● "Nut Free" Satay Chicken Noodles \$6.90

Hokkien noodles tossed with mixed vegetables, chicken, and our homemade nut free satay sauce. DF H

● Beef Lasagne \$6.90

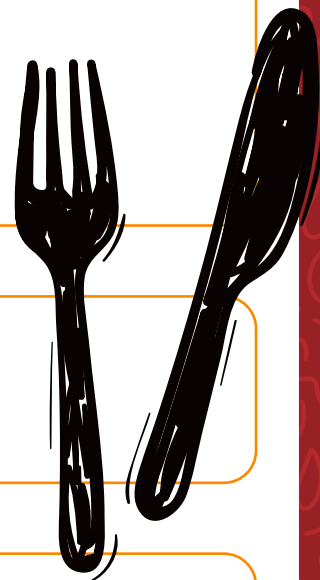
Bolognaise and Bechamel sauce baked between fresh pasta sheets.

● Cheese & Tomato Pasta \$6.90

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

● Nachos \$6.90

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



HOT DOGS

● Hot Dog \$5.80

● Hot Dog With Low-Fat Cheese \$6.00

● Puppy Dog \$4.20

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

OVEN BAKED

● Chicken Breast Nuggets x 6 \$6.20

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

● Crumbed Chicken Tenders x 3 \$6.80

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

● Rite Bite Approved Sausage Roll 120gm. \$5.10

● Garlic Sub H \$3.60

BURGERS

● Beef & Cheeseburger \$6.00

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

● Crumbed Chicken Burger \$6.00

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

● BBQ Chicken Cheeseburger \$6.30

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

Perfect
BURGER

● Green Foods ● Amber Foods

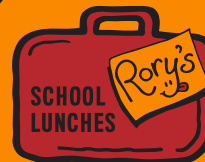
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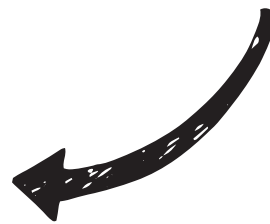
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Bon appetit!



SNACKS & DESSERTS

- | | | | |
|---|---------------|---|---------------|
| ● Red Rock Deli Chips
Honey Soy, Sea Salt 28gm VG GF | \$2.80 | ● Table Of Plenty Mini Rice Cakes 14g
Triple Berry Yoghurt VG GF | \$2.30 |
| ● Peckish Air Baked Snacks 20g
Tangy BBQ, Cheddar Cheese VG GF | \$1.50 | ● Moo Greek Style Yoghurt & Granola
Strawberry 170gm VG | \$4.90 |

ICEBLOCKS

- | | |
|---|---------------|
| ● Frozen Fruit Cup
Apple & Blackcurrant V VG GF DF H | \$2.20 |
|---|---------------|

DRINKS

- | | |
|--|---------------|
| ● Juice Popper
Apple, Apple-Blackcurrant 250ml V VG GF DF H | \$3.20 |
| ● Nippy's Flavoured Milk 250ml - Low-Sugar & Lactose-Free
Chocolate, Strawberry H | \$3.70 |
| ● Nippy's Flavoured Milk 500ml
Chocolate, Strawberry H | \$5.50 |
| ● Up And Go
Chocolate, Strawberry 250ml V | \$3.80 |
| ● Natural Spring Water
600ml V VG GF DF | \$2.30 |



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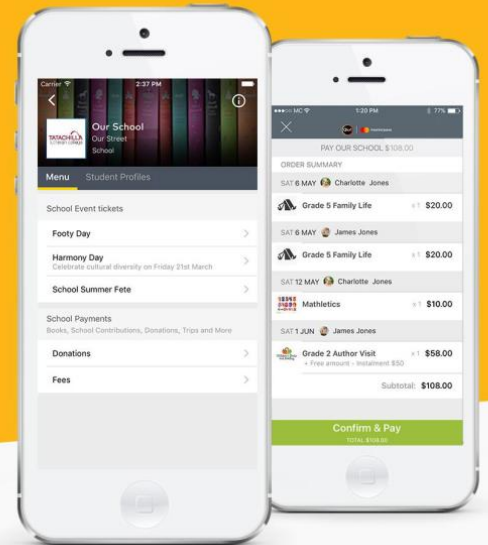
masterpass

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.

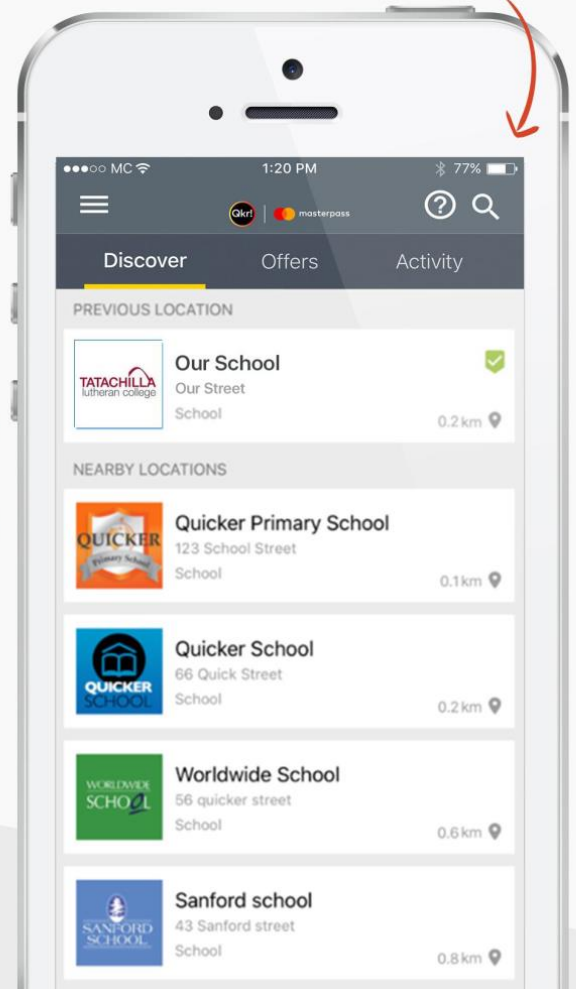
Step 4 Register your children

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.

Search for our school name

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

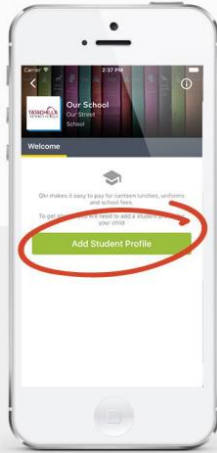
If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



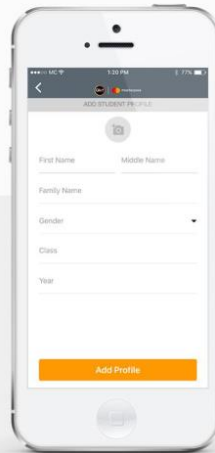


Add your children's details in Student Profiles

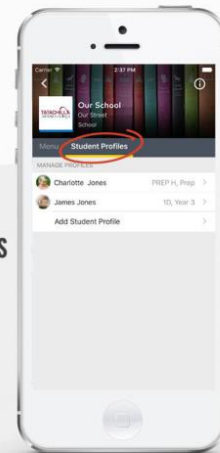
Select 'Add student profile'



Add each child's details

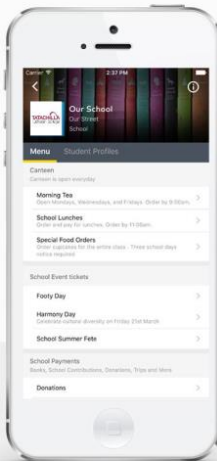


Manage each child's details in Student Profiles

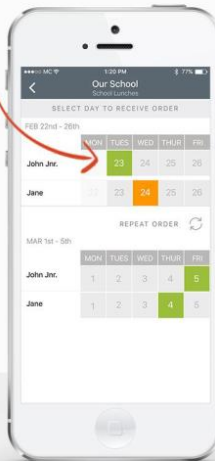


Order meals

Select a menu from our canteen



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



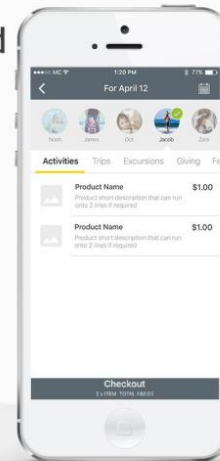
Select a date for a child and order a meal

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

Tap to change the date you are ordering for

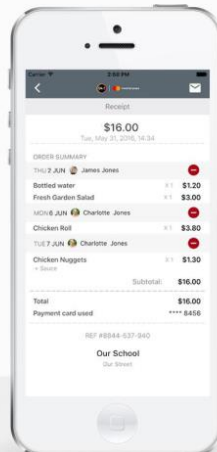
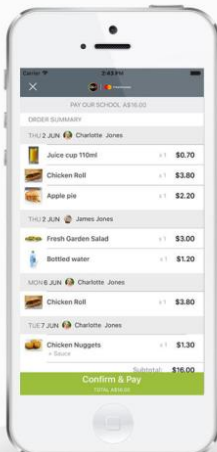
Tap to change the child you are ordering for

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.

