

## Ramsgate Public School Menu – Term 4 2020

<i>Served Every Day</i>			
<b>Sandwich / wrap choices</b>			
Vegemite	\$2.00	Ham	\$3.00
Cheese	\$2.50	Ham & Cheese	\$3.50
Cheese & Tomato	\$3.00	Egg	\$3.00
Tuna	\$3.50		
Salad (tomato, cucumber, lettuce & carrot)			\$3.50
<b>Extras and add-ons to any of the above sandwiches</b>			
Slice of cheese – add \$0.50		Beetroot – add \$0.50	
Toasted – add \$0.30		Gluten free – add \$1.00	
Salad (tomato, cucumber, lettuce & carrot) – add \$1.50			
<b>Ramsgate Beach Box</b>			<b>\$5.00</b>
Choose from:	Marinated chicken pieces	Low nitrite ham	
	Hard boiled egg	Canned tuna	
Add a dip:	Hummus	Tzatziki	\$0.50
	Veggie Tomato		
Served with: half a flatbread, cheese, cucumber, tomato and carrot sticks			
Gluten free option available – add \$1.00			

### Monday Munchies Special – Homemade Pasta

Pasta Napolitana – pasta with a delicious tomato-based sauce, served with shaved parmesan cheese	\$3.50
Pasta Bolognese – pasta with a rich halal beef and tomato sauce, served with parmesan cheese	\$4.50
Gluten free pasta available on request – add \$0.50	

### Tempting Tuesday Specials – Lamb Koftas or Sushi Rolls

Luscious halal lamb koftas wrapped in flat bread with cos lettuce, grated carrot, cucumber and tzatziki	\$5.00
Sushi Rolls	\$4.00
Tuna & Cucumber	
Teriyaki Chicken	\$4.00
Monday to guarantee availability	\$4.00
Vegetarian (tofu, carrot & cucumber)	

### Wild Wednesday – Chicken and Rice

Scrumptious honey soy chicken pieces served on a bed of steamed basmati rice and mixed veggies	\$4.50
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### Thank Goodness for Thursday – Big Burger Day

100% organic beef patty, served in a roll with lettuce and tomato and tomato veggie sauce	\$5.00
Marinated chicken burger, served in a roll with lettuce and mayonnaise	\$5.00
Extras – add cheese for \$0.50	

### Fantastic Friday – Crumbed Chicken or Sushi Rolls

Yummy crumbly chicken breast served in a snack box with a corn cob and carrot sticks	\$5.00
Sushi Rolls	\$4.00
Tuna & Cucumber	
Teriyaki Chicken	\$4.00
Thursday to guarantee availability	\$4.00
Vegetarian (tofu, carrot & cucumber)	

## Fresh Snacks and Cold Drinks

Please note that fresh fruit selection is subject to quality and seasonal availability

Fresh fruit salad cups – a selection of seasonal fruit from watermelon, apples, rockmelon, strawberries and pineapple	\$1.50
Fresh rainbow fruit kebabs – watermelon, strawberry, rockmelon or pineapple pieces on a popstick	\$1.00
Piece of fresh fruit – choose from seasonal fruits, e.g. apple, mandarin, pear, banana, grapes and oranges	\$1.00
Veggie stick and dip cup – cucumber, celery and carrot sticks with your choice of hummus, tzatziki or veggie tomato sauce	\$1.50
Sultanas – 40gm box	\$0.60
“Googies” a hard boiled egg	\$1.00
Fruit muffins freshly baked by our canteen staff – choices can include banana, apple or raspberry	\$1.00
Homemade Anzac cookies	\$0.50
Bliss bomb – raw, melt in your mouth balls of sultanas, coconut and cocoa, hand made in our canteen	\$0.50
On The Go Mainland Cheese Slices with Water crackers	\$2.50
Jatz crackers – 23gm snack size bag	\$1.00
Red Rock Deli sea salt flavour chips	\$1.30
Water – 600ml bottle	\$1.50
Plain milk – 250ml	\$1.50
Moove chocolate milk – 300ml	\$2.20
Orchy Apple Juice	\$2.50
Orchy Orange Juice	\$2.50

*Celebrate your child's birthday with a bucket of ice blocks*

Order a birthday bucket and at lunchtime your child will receive a bucket filled with ice blocks so they can celebrate their special day with their classmates. A K-2 bucket holds 25 ice blocks and is \$15, a 3-6 bucket holds 30 ice blocks for \$18.

*Don't forget – you can still order school hats and bags online via Munch Monitor*

Ramsgate school caps are available for \$15 and Ramsgate school backpacks are \$45. Order online and they will be delivered to your child's classroom with the lunch orders.

