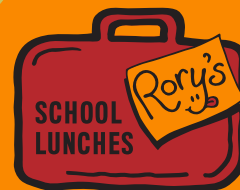


2022 CANTEEN MENU

ORDERS ARE TO BE PLACED ON QKR!
BEFORE YOUR SCHOOLS CUT OFF TIME.

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



SALADS

● **CHICKEN CAESAR SALAD** **\$7.20**

Seared chicken, egg, bacon, cos lettuce, tomato, cucumber and parmesan cheese, served with a classic Caesar dressing. (Low Gluten)

● **TANDOORI CHICKEN SALAD** **\$7.20**

Tandoori chicken, baby spinach, cucumber, Spanish onion, capsicum and cheese with a Green Goddess dressing. (Low Gluten)

● **GREEK SALAD** **\$7.20**

Marinated fetta, olives, Spanish onion, cherry tomato, lettuce and cucumber with a Greek style lemon oil dressing. (Low Gluten)

● **DUKKAH CRUSTED PUMPKIN SALAD** **\$7.50**

Dukkah crusted pumpkin, roasted cauliflower, sun-dried tomato, toasted pepitas, Spanish onion and baby spinach with a balsamic dressing. (Veg, Vegan, Dairy Free, Low Gluten)

● **VIETNAMESE CHICKEN SALAD** **\$7.50**

Vermicelli noodles lightly coated in sesame oil with Vietnamese chicken, julienne carrots, spring onions, Chinese cabbage and coriander with an Asian style dressing. (Dairy Free)

● **VIETNAMESE TOFU SALAD** **\$7.50**

Vermicelli noodles lightly coated in sesame oil with grilled tofu, julienne carrots, spring onions, Chinese cabbage and coriander, with an Asian style dressing. (Veg, Vegan, Dairy Free)

● **SWEET POTATO & QUINOA NOURISH BOWL** **\$7.50**

Roasted sweet potato, quinoa, edamame beans, red cabbage, egg and mustard maple dressing. (Veg, Dairy Free, Low Gluten)

DID YOU KNOW? OUR SALADS PROVIDE 3 SERVES
OF YOUR DAILY VEGGIE REQUIREMENTS.

PASTA SALADS

● **CAESAR PENNE PASTA SALAD** **\$6.20**

Penne pasta tossed with diced bacon, chives and classic Caesar dressing.

● **CHICKEN CORN & RANCH PASTA SALAD** **\$6.20**

Elbow pasta tossed with chicken, corn, shredded carrot, chives and ranch dressing.

● **ITALIAN TOMATO PASTA SALAD** **\$6.20**

Gluten-free Spirali pasta tossed with roasted sweet potato, baby spinach and kalamata olives in a house-made tomato dressing. (Veg, Vegan, Low Gluten)

FRUITS

● **SEASONAL FRUIT SALAD** **\$5.20**

(Veg, Vegan, Dairy Free, Low Gluten)

● **WATERMELON TUBS** **\$2.90**

Freshly cubed watermelon. (Veg, Vegan, Dairy Free, Low Gluten)

● **SLICED ORANGE TUBS** **\$2.90**

Freshly sliced orange. (Veg, Vegan, Dairy Free, Low Gluten)

● **RED APPLE WHOLE** **\$1.50**

(Veg, Vegan, Dairy Free, Low Gluten)

● **BANANA WHOLE** **\$1.50**

(Veg, Vegan, Dairy Free, Low Gluten)

● Green Foods

● Amber Foods



yummy

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eat
GOOD
feel
GOOD



ROLLS, WRAPS & SANDWICHES

- CHICKEN LETTUCE & MAYO SANDWICH \$4.70
- HAM & CHEESE SANDWICH \$4.70
- EGG LETTUCE & MAYO SANDWICH (Veg) \$4.70

Sandwich \$5.80

Roll / Wrap \$6.40

Low Gluten Roll \$7.15

- CHICKEN SCHNITZEL

Chicken schnitzel, lettuce, cheese and mayo.

- CRUMBED CHICKEN CAESAR

Crumbed chicken, lettuce, bacon, parmesan cheese, tomato and Caesar dressing.

- TANDOORI CHICKEN

Tandoori chicken, lettuce, cheese, cucumber, roasted capsicum, Spanish onion and roasted capsicum mayo.

(Low Gluten option available)

- PLOUGHMANS

Beef, cheddar cheese, sun-dried tomato, pickled cucumbers and baby spinach with onion relish and mayo.

(Low Gluten option available)

- MEDITERRANEAN

Salami, lettuce, cheddar cheese, roasted capsicum, dukkah roasted pumpkin and creamy herb dressing.

(Low Gluten option available)

- TURKEY & CRANBERRY

Turkey, Swiss cheese, lettuce, cucumber, roasted capsicum with cranberry and mayo. (Low Gluten option available)

(Low Gluten option available)

- SWISS HAM

Ham, Swiss cheese, cucumber, tomato, lettuce with onion relish and mayo. (Low Gluten option available)

- TUNA & PARSLEY

Tuna mixed with Spanish onion and parsley, lettuce, cucumber and Japanese mayo. (Low Gluten option available)

- SMASHED FALAFEL & AVO

Smashed falafels and avocado with baby spinach, tomato, cucumber and Spanish onion with vegan Smokey Chipotle dressing. (Veg, Vegan, Dairy Free)

***LOW GLUTEN ROLLS WILL BE AUTOMATICALLY SERVED WITH LOW GLUTEN DRESSINGS**

TOASTED SANDWICHES

- CHEESE (Veg) \$4.10
- CHEESE & VEGEMITE (Veg) \$4.10
- HAM & CHEESE \$4.80
- LOW GLUTEN WITH CHEESE \$4.80
Served on gluten-free wholemeal bread. (Veg Low Gluten)
- LOW GLUTEN WITH HAM & CHEESE \$5.10
Served on gluten-free wholemeal bread. (Low Gluten)

TOASTED SUBS

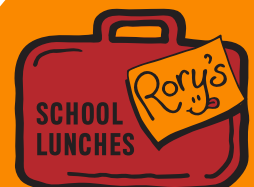
- GARLIC SUB (Veg) \$3.20
- HAM & CHEESE \$4.80

FOGACCIA MELTS

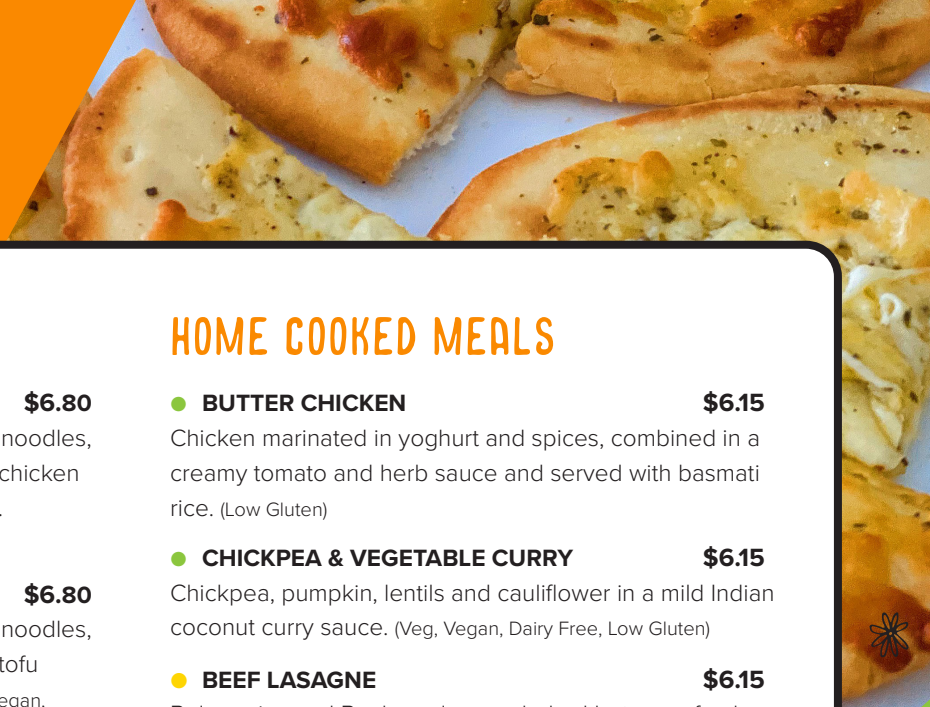
- TUNA \$6.80
Tuna mix with cream cheese, baby spinach and mozzarella cheese.
- CHICKEN & AVOCADO \$6.80
Chicken with avocado, baby spinach and mozzarella cheese with ranch dressing.
- CRUMBED CHICKEN \$6.80
Crumbed chicken, American cheese, baby spinach and house dressing.
- ROASTED PUMPKIN \$6.80
Roasted dukkah pumpkin, mozzarella, sun-dried tomato, baby spinach and onion relish. (Veg)
- SALAMI \$6.80
Salami, mozzarella cheese, baby spinach and tomato relish.

● Green Foods

● Amber Foods



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SPECIALTIES

- **CHICKEN COLD ROLLS** **\$6.80**
Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, fresh herbs and marinated chicken breast served with an Asian style dipping sauce. (Dairy Free, Low Gluten)
- **TOFU COLD ROLLS** **\$6.80**
Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, fresh herbs and marinated tofu served with an Asian style dipping sauce. (Veg, Vegan, Dairy Free, Low Gluten)
- **BANH MI – VIETNAMESE CHICKEN ROLL** **\$6.80**
Vietnamese roll filled with marinated chicken, cucumber, carrot, coriander, lettuce and mild siracha aioli.
- **BANH MI – VIETNAMESE TOFU ROLL** **\$6.80**
Vietnamese roll filled with marinated tofu, cucumber, carrot, coriander, lettuce and mild siracha aioli. (Veg)

SUSHI

*Sushi available Tuesdays & Thursdays only.
Sushi can be ordered via the Sushi Menu on QKR.
Orders cut off the day prior at 10:30am, however can be placed upto 2 weeks in advance.

- **SUSHI - CRUMBED CHICKEN** **\$6.80**
Crumbed chicken, cucumber, Japanese mayo.
- **SUSHI - TUNA** **\$6.80**
Tuna mixed with parsley and red onion, cucumber and Japanese mayo. (Low Gluten*)
- **SUSHI - ROASTED PUMPKIN** **\$6.80**
Pumpkin, cucumber and Japanese mayo. (Veg, Low Gluten*)
*Soy Sauce contains gluten.

PIZZA

- **MARGHERITA PIZZA** **\$5.40**
Mozzarella cheese and pizza sauce. (Veg)
- **NEW YORK PIZZA** **\$5.80**
Salami, mozzarella cheese and pizza sauce.
- **AUSTRALIAN PIZZA** **\$5.80**
Diced bacon, mozzarella cheese and pizza sauce.

HOME COOKED MEALS

- **BUTTER CHICKEN** **\$6.15**
Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce and served with basmati rice. (Low Gluten)
- **CHICKPEA & VEGETABLE CURRY** **\$6.15**
Chickpea, pumpkin, lentils and cauliflower in a mild Indian coconut curry sauce. (Veg, Vegan, Dairy Free, Low Gluten)
- **BEEF LASAGNE** **\$6.15**
Bolognaise and Bechamel sauce baked between fresh pasta sheets.
- **VEGETARIAN LASAGNE** **\$6.15**
Napolitana sauce with spinach and ricotta, baked between gluten-free pasta sheets. (Veg, Low Gluten)
- **RAVIOLI MILANESE** **\$6.15**
Beef filled ravioli topped with Milanese sauce and mozzarella cheese.
- **CHEESE & TOMATO PASTA** **\$6.15**
Gluten-Free Pasta tossed with Napolitana sauce and parmesan cheese. (Veg, Low Gluten)
- **THAI CHICKEN NOODLES** **\$6.15**
Hokkien noodles in our sweet chilli and soy sauce with chicken, carrot, capsicum, baby corn, spring onions and fresh coriander. (Dairy Free)
- **MEXICAN SALSA CHICKEN** **\$6.15**
Mild Mexican style chicken with a tomato, corn and bean salsa served with rice. (Low Gluten)
- **NACHOS** **\$6.15**
Toasted corn chips served with melted cheese and mild salsa. (Veg, Low Gluten)

- Green Foods
- Amber Foods



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Perfect BURGER



BALFOURS PASTRIES

- **BETTER BITE BEEF PIE** 180gm **\$4.90**
- **BETTER BITE PASTY** 140gm **\$4.90**
- **BETTER BITE SAUSAGE ROLL** 120gm **\$4.90**

BURGERS

- **BEEF & CHEESEBURGER** **\$5.40**
Premium beef patty, burger cheese with tomato sauce on a 4" burger roll.
- **CRUMBED CHICKEN BURGER** **\$5.40**
Crumbed chicken breast patty and mayo on a 4" burger roll.
- **BBQ CHICKEN CHEESEBURGER** **\$5.40**
Crumbed chicken breast patty, burger cheese, BBQ sauce and mayo on a 4" burger roll.
- **VEGGIE BURGER** **\$5.85**
Oven-baked veggie patty with burger cheese and mayo on a 4" burger roll. (Veg)
- **LOW GLUTEN CHEESEBURGER** **\$7.20**
Premium Gluten Free beef patty, burger cheese and tomato sauce on a gluten free roll. (Low Gluten)

OVEN BAKED

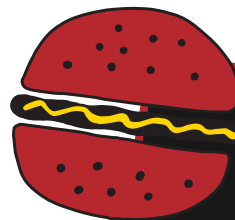
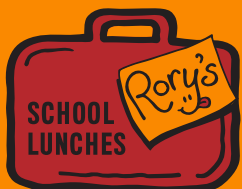
- **CHICKEN BREAST NUGGETS X 4** **\$4.10**
- **CHICKEN BREAST NUGGETS X 6** **\$5.40**
Includes your choice of dipping sauce - tomato, BBQ, aioli or sweet chilli.
- **CRUMBED CHICKEN TENDERS X 3** **\$6.15**
Gluten free Chicken tenders - Includes your choice of dipping sauce - tomato, BBQ, aioli or sweet chilli. (Low Gluten)

HOT DOGS

- **HOT DOG** **\$5.20**
- **HOT DOG WITH CHEESE** **\$5.70**
- **PUPPY DOG** **\$3.60**

All hot dogs can be served with or without tomato sauce & with or without butter.

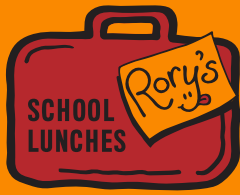
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SNACKS & DESSERTS

- **RED ROCK DELI CHIPS** \$2.50
Honey Soy, Sea Salt 28gm. (Veg, Gluten Free)
- **FANTASTIC DELITES** \$1.60
Sweet Chilli, Sour Cream 20gm. (Veg, Gluten Free)
- **MAINLAND CHEESE AND CRACKERS** \$3.20
Tasty Cheese 30gm. (Veg)
- **SPC PROVITAL PEACHES** \$2.70
Diced in Juice 120gm. (Veg, Vegan, Dairy Free, Low Gluten)
- **JELLY CUPS** \$1.70
200ml Strawberry. (Veg, Dairy Free, Low Gluten)
- **CUSTARD CUPS** \$2.80
200ml Chocolate. (Veg, Low Gluten)
- **YOGHURT POUCH** \$1.90
Petit Miam 70gm Strawberry. (Veg, Low Gluten)

ICE BLOCKS

- **FROZEN FRUIT CUP** \$2.00
Apple & Blackcurrant. (Veg, Vegan, Dairy Free, Low Gluten)

DRINKS

- **JUICE POPPER** \$2.90
250ml Apple, Apple-Blackcurrant, Orange
- **NIPPY'S FRUITALICIOUS** \$3.90
350ml Apple Guava, Apple Blackcurrant, Orange, Multifruit
- **NATURAL SPRING WATER**
600ml \$2.80
750ml \$3.80
- **NIPPY'S MILK** \$3.40
250ml Chocolate, Strawberry, Honeycomb
- **UP AND GO** \$3.50
250ml Chocolate, Strawberry, Banana
- **FOCUS SPORTS WATER** \$3.80
350ml Blackcurrant, Raspberry, Lemonade



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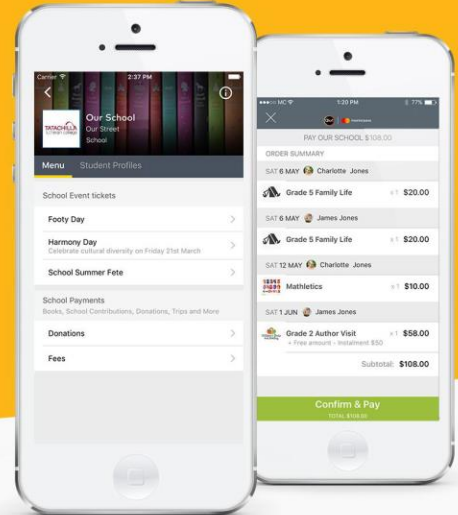
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For quicker, hassle-free school payments, try Qkr! today

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.

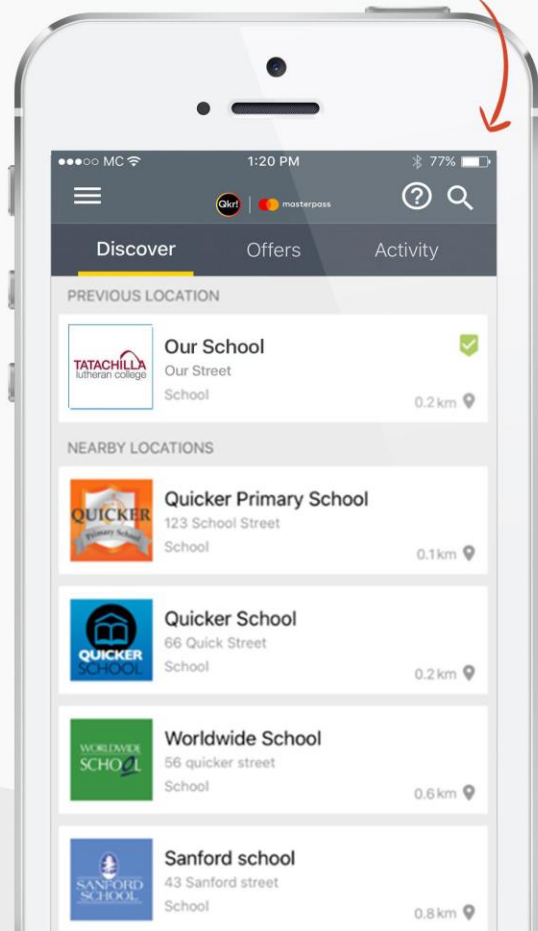
Step 4 Register your children

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'

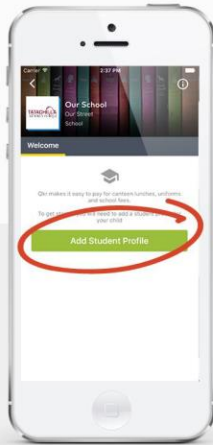




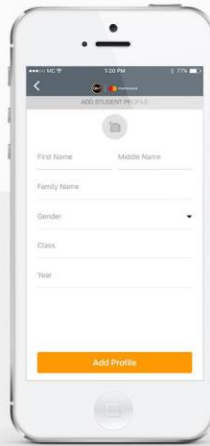
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Add your children's details in Student Profiles

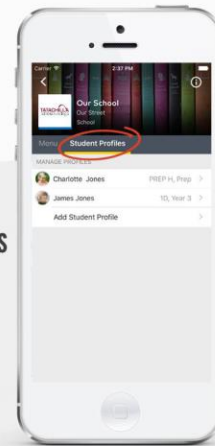
Select 'Add student profile'



Add each child's details

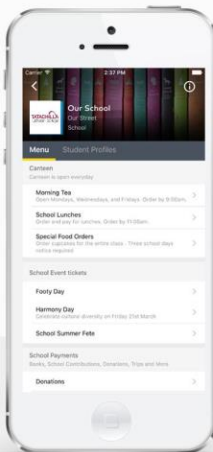


Manage each child's details in Student Profiles

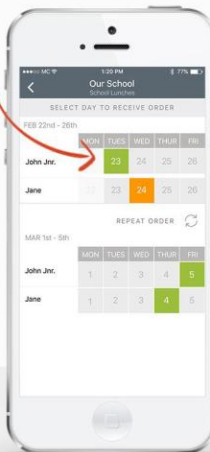


Order meals

Select a menu from our canteen

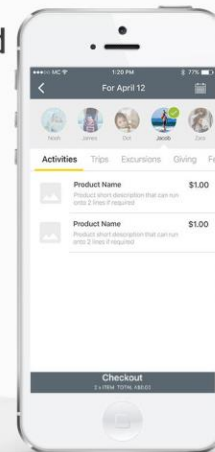


Tap the green box to view your receipt or to cancel an order



Select a date for a child and order a meal

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



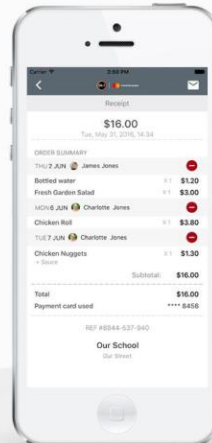
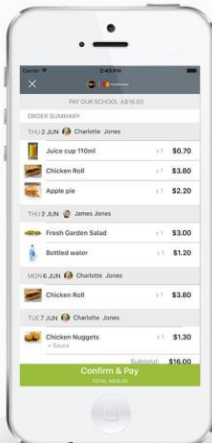
Tap to change the date you are ordering for

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.

