Salads

S1 CHICKEN PENNE PASTA
Penne pasta lightly coated in Caesar dressing, sliced chicken breast, grilled bacon, spring onion and parmesan cheese.

S2 HAM AND EGG SALAD
Smoked ham, boiled egg, lettuce, tomatoes, cucumber, carrot, capsicum, red onion, cheddar cheese and sticky balsamic dressing on the side. (Vegetarian option without ham available)

S3 TANDOORI CHICKEN SALAD
Tandoori chicken breast, lettuce, cucumber, onion, capsicum, cheese and tzatziki dressing on the side.

S4 FALAFEL SALAD Falafel nuggets, lettuce, tomatoes, cucumber, carrot, capsicum, red onion, cheese and tzatziki dressing on the side.

S5 CHICKEN CAESAR SALAD
Seared chicken, egg, bacon, lettuce, tomato, cucumber, parmesan cheese and Caesar dressing.

S6 ASIAN HOKKEIN NOODLE SALAD
Hokkein noodles tossed with garlic, sesame and soy, seared chicken, capsicum, carrot, spring onion and sweet chili sauce.

S7 FRUIT SALAD

DRINKS

NATURAL SPRING WATER
500ml $2.50

NATURAL SPARKLING WATER
500ml $3.00

FOCUS WATER
(assorted flavours)
Small $2.90 Large $3.60

UP AND GO
Chocolate, Strawberry, Banana 250ml

POPPERS 100% FRUIT JUICE
Apple, Apple-Blackcurrant, Orange 250ml

NIPPYS FLAVOURED MILK
Chocolate, Strawberry, Honeycomb 250ml

NIPPY’S FRUITALICIOUS 100% JUICE
Orange, Apple Guava, Apple Blackcurrant, Multi Fruit 350ml

Join us on Facebook to keep up to date with events, blogs, recipe suggestions and service advancements throughout the term.

IMPORTANT FACTS ABOUT RORY’S SCHOOL LUNCHES

Green – Green Foods are foods that can be eaten every day. Green foods will include foods that have lean cuts of meat, low fat cheeses or dressings, and are lower in saturated fat and sodium!

Amber Foods – Amber foods are processed more than green foods. They may contain higher levels of fat, sugar and sodium than green foods. Students are encouraged to choose carefully from this selection. Amber products should not dominate your choices!

Red Foods – Red Foods are highly processed, energy dense and nutrient poor. Remember! Red foods are an occasional food, so therefore you should limit your intake!

Gluten Free  Vegetarian  Vegan  Dairy free

Our Napolitana sauce is packed full of veggies - you just wouldn't know it!!

Our oven meals are made with love by our in-house chefs.
We only use breast chicken and 95% fat free beef mince.

We sell the Balfours Better Bite Range which are reduced sodium and fat.
Our baguettes, wraps and sandwiches are made fresh when you order them.

Lunch order bags 10 for $0.20 - these can be ordered with your lunch order.
Baguettes and Wraps

**CHICKEN SCHNITZEL (B1 BAGUETTE) (W1 WRAP)**
Crumbed chicken schnitzel, lettuce, cheese and mayonnaise.

**SWEET CHILI CHICKEN (B2 BAGUETTE) (W2 WRAP)**
Sweet chili tender, lettuce, cheese, cucumber and sweet chili aioli.

**HONEY MUSTARD HAM (B3 BAGUETTE) (W3 WRAP)**
Ham, cheese, lettuce, tomato, cucumber, and honey mustard dressing.

**CHICKEN CAESAR (B4 BAGUETTE) (W4 WRAP)**
Seared chicken breast, cheese, bacon, lettuce, tomato & Caesar dressing.

**TANDOORI CHICKEN (B5 BAGUETTE) (W5 WRAP)**
Tandoori chicken breast, lettuce, cucumber, capsicum, onion and tzatziki dressing.

**EGG (B6 BAGUETTE) (W6 WRAP)**
Egg, lettuce, cucumber, carrot and honey mustard dressing.

**FALAFEL (B7 BAGUETTE) (W7 WRAP)**
Falafel, lettuce, tomato, cheese, cucumber and tzatziki dressing.

Toasted subs and sandwiches

**T1 - SWEET CHILI CHICKEN BREAST TENDER SUB**
Sweet chili tenders, cheese and sweet chili aioli.

**T2 - MEXICANA SUB**
Mexican meatballs, salsa, melted cheese and mayonnaise.

**T3 – GARLIC BUTTER SUB**

**T4 – HAM AND CHEESE TOASTED SANDWICH**

**T5 – CHEESE AND TOMATO TOASTED SANDWICH**

**T6 – CHEESE AND VEGEMITE TOASTED SANDWICH**

Build your own

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<tr>
<th>FILLING/DRESSING QUANTITY</th>
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<tr>
<td>Sandwich</td>
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<td>Baguette (6 inch)</td>
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MEAT FILLINGS - Crumbed chicken breast, seared chicken breast, sweet chili chicken breast tender, tandoori chicken breast, ham, falafel and egg.

SALAD FILLINGS - Lettuce, tomato, cucumber, capsicum, carrot, onion, cheese.

DRESSINGS - Mayonnaise, tzatziki, sweet chili aioli, Caesar, honey mustard, tomato sauce, BBQ sauce, American mustard.

SNACKS

<table>
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<tr>
<td>GINGERBREAD KIDS</td>
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<td>GO COOKIES</td>
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<tr>
<td>OVALTEENIES</td>
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From the oven

**H1 BUTTER CHICKEN**
Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served on rice.

**H2 BEEF LASAGNE**
Bolognaise and béchamel sauce baked between fresh pasta sheets.

**H3 CHEESY TOMATO PASTA BAKE**
Penne pasta topped with our Napoletana sauce and melted cheese.

**H4 SPIRALLI BOLOGNAISE**
Bolognaise sauce served on top of spiralli twirls.

**H5 CARBONARA PASTA BAKE**
Penne pasta topped with our Carbonara sauce with ham and grilled cheese.

**H6 CHICKEN PARMIGIANA**
Chicken breast topped with ham, Napoletana sauce and cheese, served on Italian roasted potatoes.

**H7 SHEPHERD’S PIE**
Tasty mince dish topped with mashed potatoes and cheese.

**H8 POTATO WEDGES**
Add sweet chili aioli, tomato sauce, bbq sauce. sauce extra $0.50

**H9 NACHOS**
Corn chips served with tomato salsa and grilled cheese.

### Hotdogs

**PUPPY DOG WITH SAUCE** $3.20

**HOTDOG WITH SAUCE** $4.00

**HOTDOG, CHEESE & SAUCE** $4.30

American mustard available

### Better Bite Pastries

**BALFOURS JUNIOR SNACK PIE** $2.90

**BALFOURS PIE OR PASTY** $4.00

**BALFOURS SAUSAGE ROLL** $3.90

**SAUCE SACHET** $0.20

### Burgers

**BEEF AND CHEESE BURGER** $4.20
Premium beef pattie, cheese, and tomato sauce.

**CRUMBED CHICKEN BURGER** $4.50
Crumbed chicken breast pattie, lettuce and mayonnaise.

**GRILLED CHICKEN BURGER** $5.00
Grilled chicken breast pattie, cheese, lettuce, tomato and mayonnaise.

### Hash Brown Oval

1 X SERVE $1.90

### Nuggets & Tenders

**4 X CHICKEN BREAST NUGGETS** $3.60
**6 X CHICKEN BREAST NUGGETS** $4.70
**3 X CRUMBED CHICKEN BREAST TENDERS** (SWEET CHILI OR ORIGINAL) $4.80

### Pizza Slice

**MARGHERITA** $4.20
**HAWAIIAN** $4.50

### Iceblocks*

**PADDLE POP** Chocolate, Strawberry, Rainbow $2.00

**PADDLE POP ICY TWIST** $1.80

**PADDLE POP FUNNY FINGER** $1.60

**CALIPPO MINI** $1.60

**NIPPY’S FROZEN FRUIT CUPS** $1.60

**ZOOPER DOOPER** Assorted flavours $1.00

### Chips

**MAMEE MONSTER NOODLES** $1.20

**SMALL RED ROCK** (28g) Sea salt, Honey soy chicken $1.60

**JJ’S $** (20g) Pizza, Chicken $1.60

*Only frozen fruit cups can be pre ordered in lunch orders*

Your canteen may stock additional flavors and varieties of iceblocks and chips.