



ROSE BAY PUBLIC SCHOOL MENU  
*Providing Fresh, Colourful, Nourishing & Sugar Free Food*

**SNACKS**

POP! Popcorn (GF, DF) \$1.50	Seaweed (GF, DF) \$1.50
Messy Monkeys – Cheese (GF) \$1.60	Bliss Balls – Homemade Dried Fruit, Oats, Coconut & Cocoa Balls Rolled In Coconut (WF, DF) \$3.00
Veggie Sticks with Hommus (DF, GF) \$2.50	Veggie Sticks \$1.50
Pretzels \$1.50	Seasonal Fruit in a Cup \$3.00 ...With Yoghurt \$3.50
Piece of Fruit \$1.50	Steamed Corn \$2.00
Edamame in a Cup \$2.00	Tamar Valley Yoghurt ... Mix Berry / Strawberry / Passionfruit Raspberry / Citrus Cheesecake / Mango \$2.50
Fruit Strap \$1.20	Cheese & Crackers/Rice Crackers \$0.50
Organic Box of Sultanas \$1.20	Fruit Bites \$0.50

**IN THE FREEZER**

Frozen Juice Cup Served with a Spoon	Juicies
Apple & Blackcurrant / Pineapple / Green Apple \$2.00	Tropical / Berry / Lemon / Orange / Apple \$2.00
Frozen Pineapple Ring \$1.50	Mango & Coconut / Strawberry & Coconut \$2.50
	Frozen Grapes \$1.50

**LUNCH**  
**DAILY SPECIALS**

**MONDAY** – *Sushi Hand Roll \$3.60 per roll (GF, DF)*

*Salmon & Avocado / Chicken & Cucumber / Tuna & Cucumber / Californian Crab / Vegetarian / Avocado / Cucumber*

**TUESDAY** – *Homemade Bean Nachos with Corn Chips, Avocado & Grated Cheese (GF, V) \$5.00*

**WEDNESDAY** – *Sushi Hand Roll \$3.60 per roll (GF, DF)*

*Salmon & Avocado / Chicken & Cucumber / Tuna & Cucumber / Californian Crab / Vegetarian*

*Rice Paper Cold Rolls (2 per serving) \$7.00 (GF, DF)*

*Chicken / Prawn / Beef / Vegetarian (and wrapped with rice noodles, cucumber & grated vegetables)*

**THURSDAY** – *Monster Macaroni with Homemade Bolognese or Tomato & Oregano Sauce & Grated Cheese \$5.00*

**FRIDAY** – *Happy Hamburger with Homemade Beef Pattie, Cheese, Avocado, Mayo & Lettuce \$5.00*

*Vegetarian Pattie Made from Quinoa, Brown Rice Protein & Soy (GF, V)*

Gluten Free Bun ..... **Add \$1.00**

**TOASTIES - WHOLEMEAL OR WHITE** (add 50c for GF bread)

Jam (St Dalfours... no added sugar) \$4.00	Cheese & Shredded Chicken \$4.50
Classic Cheese \$3.50	Cheese & Tuna \$4.50
Cheese & Vegemite \$4.00	Just Chicken \$4.00
Cheese & Tomato \$4.50	Just Tuna \$4.00
Cheese & Pineapple \$4.50	Chicken or Tuna with Tomato / Pineapple \$4.50

**ROLLS - WHOLEMEAL OR WHITE** (add \$1.00 for GF roll)

ADD... Tomato / Carrot / Cucumber / Lettuce / Gherkin / Avocado

Jam (St Dalfours... no added sugar) \$4.00	Egg Roll \$4.00 + Any Salad Item(s)
Vegemite Roll \$4.00 + Any Salad Item(s)	Chicken Roll \$5.00 + Any Salad Item(s)
Chicken Roll \$5.00 + Any Salad Item(s)	Tuna Roll \$5.00 + Any Salad Item(s)

**Wholemeal Pizza (V)** Toasted with Tomato Paste, Oregano & Cheddar Cheese \$5.00

**Googie Egg Cup (GF, V)** – Eggs With Grated Veggies, Herbs & Topped with Melted Cheese \$4.50

**Oodles of Noodles (GF, DF)** – Rice Noodles with Grated Vegetables, Chicken, Edamame & GF Soy Sauce \$4.50

**Hot Potato Hot Potato!** (GF) - Fillings: Beef & Veggies / Tuna & Cheese / Cheese & Tomato / Pineapple & Cheese \$5.00

**Roasted Chicken & Vegetables** (GF, DF) – Roasted Chicken Drumsticks & Roasted Vegetables (Potato, Carrot & Zucchini) \$6.00

**Rose Bay Vegetable Snack Box** \$4.50

Boiled Egg, Crackers, Cheese Squares, Veggie Sticks, Gherkin & Hommus ..... Add Bread Roll \$1.50 ..... Buttered Roll \$2.00

**Chicken Salad** (GF) - Chicken Breast on a Bed of Lettuce, with Diced Tomato, Lettuce with Olive Oil \$5.00

**Potato & Egg Salad** (GF, V) – Roasted Potato, Edamame, Diced Tomato, Gherkin & Egg with Mayonnaise \$5.00

## DRINKS

**Smoothies** – Your choice of Milk OR Coconut Milk (DF) \$5.50

Tutti Fruity – Mango, Passionfruit, Coconut, Banana & Vanilla Bean

Pretty in Pink – Strawberry, Dragonfruit, Banana, Goji Berries, Dates & Chia Seeds

Natural Fruit Juice – Apple / Orange (SF, GF, DF) \$2.50

CoCo Nuts! Water - (GF, SF, DF) \$3.00

Sparkling Coconut Water - coconut water with Mango juice \$4.00

Water \$2.50

PH 8 Alkaline Water \$3.00

Moo Milk (cup of milk) \$2.00

Coconut Chocolate Milk \$3.50