

2020 CANTEEN MENU



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

FOR FURTHER INFORMATION VISIT www.rorys.com.au OR CALL OUR SUPPORT LINE ON 0413575800

CLASSIC SALADS

● CHICKEN CAESAR SALAD \$6.90 GF

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

● TANDOORI CHICKEN SALAD \$6.90 GF

Tandoori Chicken, baby spinach, cucumber, Spanish onion, roasted capsicum, cheese with a Green Goddess dressing.

● GREEK SALAD \$6.90 GF

Marinated fetta, olives, roasted capsicum, Spanish onion, cherry tomato, lettuce and cucumber with a Greek style lemon oil dressing.

● SEASONAL FRUIT SALAD \$4.80 GF V VG

Diced seasonal fresh fruits.

SUPER SALADS

● DUKKAH CRUSTED PUMPKIN \$6.90 V VG DF

Dukkha crusted pumpkin, broccoli, house dried tomato, toasted pepitas, Spanish onion, and baby spinach, with a balsamic dressing on the side.

● VIETNAMESE CHICKEN \$6.90 DF

Vermicelli noodles, lightly coated in sesame oil, with Vietnamese chicken, julienne carrots, capsicum and spring onions, Chinese cabbage, coriander and mint served with an Asian style sauce on the side.

● VIETNAMESE TOFU \$6.90 GF V VG DF

Vermicelli noodles lightly coated in sesame oil with grilled tofu, julienne carrots, capsicum and spring onions, Chinese cabbage, coriander and mint, served with an Asian style sauce on the side.

● ROASTED BEETROOT & BLOOD ORANGE \$6.90 GF V

Roasted beetroot and sweet potato with baby spinach, marinated fetta, mandarin segments, Spanish onion and toasted pepitas, served with a beetroot and blood orange dressing.

SPECIALTY SALADS

● CAESAR PENNE \$5.50

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

● TANGY TOMATO \$5.50 V

Shell pasta tossed with corn, spring onion and coated in house made tangy tomato dressing.

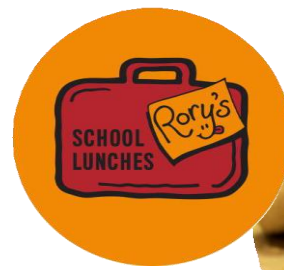
● MEDITERRANEAN CHORIZO \$6.90

Chunky style salad with cucumber, heirloom cherry tomatoes and olives topped with sliced grilled chorizo and bocconcini with a Green Goddess dressing on the side.

- Green Foods GF Gluten Friendly VG Vegan
- Amber Foods V Vegetarian DF Dairy Free

DID YOU KNOW?
Our salads provide 3 serves of your daily veggie requirements.





BAGUETTES, WRAPS & SANDWICHES

● CHICKEN SCHNITZEL \$5.90

Chicken schnitzel, lettuce, cheese and mayo.

● TANDOORI CHICKEN* \$5.90

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

● PLOUGMANS* \$5.90

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

● CHICKEN AND CHORIZO \$5.90

Seared chicken and Chorizo with house made slaw & Smokey chipotle dressing.

● MEDITERRANEAN* \$5.90

Salami with lettuce, cheddar cheese, roasted capsicum, cucumber and house dried tomato with olive tapenade and Caesar dressing.

● TURKEY & CRANBERRY* \$5.90

Turkey, swiss cheese, lettuce, and cucumber with cranberry, dill cream cheese and mayo.

● SWISS HAM* \$5.90

Ham, Swiss cheese, cucumber, tomato, lettuce and dijonnaise.

● TUNA & PARSLEY* \$5.90

Tuna mixed with Spanish onion and parsley, lettuce, cucumber and kewpie mayo.

● SMASHED FALAFEL & AVO \$5.90 v VG DF

Smashed falafels and avocado with baby spinach, tomato, cucumber, Spanish onion with vegan aioli.

Gluten Friendly Rolls \$7.40

Available on all the above combinations indicated with an *

TOASTED SANDWICHES & SUBS

● TOASTED SANDWICH WITH CHEESE \$3.60 v

● TOASTED SANDWICH WITH CHEESE & VEGEMITE \$3.60 v

● TOASTED SANDWICH WITH HAM & CHEESE \$4.20

● TOASTED GARLIC SUB \$2.50 v

● TOASTED HAM & CHEESE STUFFED SUB \$3.90

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



FOCACCIA MELTS

● TUNA \$5.90

Tuna mix with cream cheese, baby spinach and mozzarella cheese.

● CHICKEN \$5.90

Chicken & avocado with cream cheese, baby spinach and mozzarella cheese with Caesar dressing.

● HAM \$5.90

Ham, cream cheese, baby spinach, tomato and mozzarella cheese with onion relish & mayo.



SPECIALTIES

● CHICKEN COLD ROLLS \$6.20 GF DF

Two large rice paper wraps filled with vermicelli noodles, chicken breast served with an Asian style dipping sauce.

● TOFU COLD ROLLS \$6.20 GF V VG DF

Two large rice paper wraps filled with vermicelli noodles, julienne vegetables served with an Asian style dipping sauce.

● BANH MI – VIETNAMESE MEAT ROLL \$6.20

Vietnamese roll filled with marinated chicken, cucumber, carrot, coriander, lettuce, and siracha aioli (mild)



HOME COOKED MEALS

● BUTTER CHICKEN \$5.60 GF

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

● CHICKPEA AND VEGETABLE CURRY \$5.60 GF V VG DF

Chickpea, sweet potato, peas and cauliflower in a mild Indian coconut curry sauce served with pilau rice.

● AMERICAN CHEESE NACHOS \$5.60 v

Toasted corn chips served with American nachos cheese sauce & salsa on the side so you can either pour or dip!

● BEEF LASAGNE \$5.60

Bolognese and Bechamel sauce baked between fresh pasta sheets.

● VEGETARIAN LASAGNE \$5.60 GF V

Napolitana sauce, spinach and ricotta, baked between gluten free pasta sheets

● RAVIOLI MILANESE \$5.60

Beef filled ravioli topped with Milanese sauce and mozzarella cheese.

● THAI CHICKEN NOODLES \$5.80 DF

Hokkien noodles in our sweet chilli and soy sauce with chicken, carrot, capsicum, baby corn, spring onions and fresh coriander.

● NASSI GORANG CHICKEN \$5.60 DF

Indonesian style fried rice with marinated chicken breast, bamboo shoots, spring onion, seasonal vegetables and fresh aromatics.

● NASSI GORANG TOFU \$5.60 GF V VG

Indonesian style fried rice with grilled marinated tofu, bamboo shoots, spring onion and seasonal vegetables and fresh aromatics.



PIZZA

- MARGHERITA PIZZA \$4.90 v

Pizza sauce and mozzarella cheese.

- AUSTRALIAN PIZZA \$5.50

Pizza sauce, diced ham and mozzarella cheese.

- HAWAIIAN PIZZA \$5.60

Pizza sauce, diced ham, pineapple and mozzarella cheese.



FOUR N TWENTY PASTRIES

- TRAVELER PIE \$4.70

Beef 160 gm.

- BEEF PIE or PASTY \$4.70

Aussie Lite Beef Pie 175 gm or Classic Pasty 175gm.

- SAUSAGE ROLL \$4.50

Aussie Lite 125 gm.

- CHICKPEA, SPINACH & CARAMELISED ONION ROLL \$4.70 v VG DF



BURGERS

- GLUTEN FRIENDLY CHEESEBURGER \$6.90 GF

Premium Gluten Free beef patty, burger cheese and tomato sauce on a gluten free roll

- BEEF & CHEESEBURGER \$5.00

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

- CRUMBED CHICKEN BURGER \$5.00

Crumbed chicken breast patty, lettuce and mayo on a 4" burger roll.

- GRILLED CHICKEN BURGER \$5.50

Grilled chicken breast patty, cheese, lettuce, and burger sauce on a 4" burger roll.

- VEGGIE BURGER \$5.50 v

Oven baked veggie patty with burger cheese, lettuce and burger sauce on a 4" burger roll.

OVEN BAKED

- 3X CRUMBED CHICKEN TENDERS \$5.20

Includes your choice of dipping sauce - sweet chilli aioli, tomato, BBQ, sweet chilli.

- 4 x CHICKEN NUGGETS \$3.80 or 6 X CHICKEN NUGGETS \$5.10

Includes your choice of dipping sauce - sweet chilli aioli, tomato, BBQ, sweet chilli.

- POTATO GEMS \$3.90 v VG DF

Includes tomato dipping sauce.

- POTATO WEDGES \$4.90 v

Includes your choice of dipping sauce - sweet chilli aioli, tomato, BBQ, sweet chilli.

HOTDOGS

- HOT DOG \$4.90

- HOT DOG WITH CHEESE \$5.40

- PUPPY DOG \$3.20

All hotdogs are served with or without tomato sauce.





SNACKS

- REDROCK CHIPS \$2.20 v
Honey Soy, Sea Salt 28gm.
- MAINLAND CHEESE AND CRACKERS \$2.50 v
Tasty Cheese 30gm
- HASH BROWN OVAL \$2.20 v
Golden oven baked hash brown.
- SESAME SNAPS \$2.20 GF v
Yoghurt 40gm.
- WATERMELON TUBS \$2.50 GF V VG
Freshly cubed watermelon.
- SLICED ORANGE TUBS \$2.50 GF V VG
Freshly sliced orange.
- BANANA CHIP TUBS \$1.50 GF V VG
25gm approx.
- SULTANA TUBS \$1.50 v VG
40gm approx.
- DRIED APRICOT TUBS \$1.50 v
50gm approx.
- YOGHURT TUBS by SOMETHING WILD \$3.50 v
Kakadu Plum 125gm.
- JELLY CUPS \$2.50 GF V VG
Strawberry, Lime 100gm.
- CUSTARD CUPS \$3.00 GF V
Vanilla, Chocolate 100gm.



ICEBLOCKS

- FROZEN FRUIT CUP \$2.00 GF V VG
Apple & Blackcurrant.



DRINKS

- JUICE POPPER \$2.80
Apple, Apple-Blackcurrant, Orange 250ml.
- NIPPY'S FRUITALICIOUS \$3.80
Apple Guava, Apple Blackcurrant, Orange, Multifruit 350ml.
- NATURAL SPRING WATER \$2.70
500ml.
- NIPPY'S MILK \$3.40
Chocolate, Strawberry, Honeycomb 250ml.
- UP AND GO \$3.20
Chocolate, Strawberry, Banana 250ml.
- FOCUS SPORTS WATER \$3.40
Blackcurrant, Raspberry, Lemonade 350ml.

CONTACT US:

www.rorys.com.au

CALL OUR SUPPORT LINE

0413575800

9:30am – 5:00pm
Mon - Fri

