

# Rowville Kids Café Menu

TERM 1 2025



Green Food (Choose Anytime) Amber Food (Choose Sometimes) Red Food (Choose once or twice a term)

**V** Vegetarian Option **GF** Gluten Free Option

## Sandwiches & Rolls Lunch order only Snacks Lunch order or over the counter

Wholemeal unless specified	SANDWICH	ROLL
Tomato OR Cheese	\$3.70	\$3.90
Roast Chicken OR Tuna	\$4.00	\$4.20
Salad (regular)	\$5.30	\$5.50
Buttered Bread	\$2.10	\$2.30
Vegemite OR Honey	\$2.60	\$2.80
Ham	\$3.70	\$3.90

Sandwiches, Rolls & Toastie Extras—60c each:

Lettuce Beetroot Tomato Pineapple Cheese Carrot Cucumber Tuna	Ham Chicken Mayo (no charge)
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## Hot Food Lunch order only

Corn on Cob (V)	\$1.10
Macaroni Cheese	\$4.75
Mini Garlic Bread Roll	\$1.10
Cheese Toastie	\$4.20
Cheese & Vegemite Toastie	\$4.75
Hot Chicken Roll	\$4.50
Hot Chicken Roll with Cheese	\$5.10
Traditional Lasagne	\$4.75
Vegetarian Fried Rice (V, GF)	\$4.75
Hot Dog	\$4.20
Hot Dog with Cheese	\$4.80
Pizza Slice Ham & Pineapple	\$4.20
Chicken Nuggets—Bag of 3	\$2.65
Chicken Nuggets—Bag of 6	\$4.75
Large Pastie	\$4.50
Large Meat Pie	\$4.50
Mini Meat Pie	\$1.70
Mini Meat Pie—Bag of 3	\$5.00
Large Shepherd's Pie	\$4.70
Large Sausage Roll	\$3.40
Mini Sausage Roll	\$1.70
Noodles in a Cup—Chicken	\$4.00
Steamed Dim Sim	\$1.20
Mini Spinach & Feta Quiche	\$1.70

## Frozen Treats Lunch order or over the counter

Frozen Big M (UHT) - Chocolate OR Strawberry	\$2.70
Frozen Fruit in Season	\$1.00
Frozen Just Juice	\$2.70
Frozen Juice Blocks	\$0.15
Paddle Pop—Rainbow OR Chocolate	\$2.20
Zooper Dooper	\$1.20
Calippo	\$1.60
Icy Twist	\$2.00
Frozen Yoghurt in a tub—Strawberry	\$2.70

## Gluten Free

Vegetarian Fried Rice (V)	\$4.75
Cheese Toastie	\$4.70
Ham & Cheese Toastie	\$5.30
Ham, Cheese & Tomato Toastie	\$5.90
Tomato & Cheese Toastie	\$5.30
Salad Sandwich	\$5.70
Toastie Meal Deal (option to add vegemite for extra 50c)	\$7.90
Cheese & Vegemite Toastie	\$5.30
Vegemite Sandwich	\$3.20
Cheese Flavoured Rice Crackers (bag of 10)	\$0.80
Popcorn	\$2.00
Red Rock Deli Chips—Sea Salt 45g	\$2.20
Red Rock Deli Chips—Honey Soy Chicken 28g	\$1.60
Crunchie Carrot Sticks (each) or 5 for .30c	\$0.10
Frozen Fruit	\$1.00
Corn on the Cob (V)	\$1.10
Go Cups —lunch order only	\$2.20
Fruit (in season)	\$1.10
Frozen Juice Blocks—bag of 5	\$0.60
Big M—Chocolate OR Strawberry	\$2.70
Just Juice—Apple, Apple/Blackcurrant OR Orange	\$2.70

Please note: The Kids Café/Canteen uses dedicated Gluten Free utensils, cutting boards and sandwich press for toasting. Every effort is made to minimise cross contamination.

## Drinks Lunch order or over the counter

Big M Milk (long life) - Chocolate OR Strawberry	\$2.70
Bottled Water 600ml	\$2.70
Just Juice—Orange, Apple, Apple/Blackcurrant	\$2.70

### LUNCH ORDER BAGS 10c

Tomato & Soy sauce will only be provided upon request—please note on order

## SPECIAL DAYS

### Monday

**Recess only**  
 Freshly Popped Popcorn \$1.10

### Tuesday

**Lunch Order**  
SUSHI—Soy Sauce will only be provided on request

Tuna and Avocado (GF)	\$3.70
Avocado and Cucumber	\$3.70
Teriyaki Chicken	\$3.70
Crispy Chicken	\$3.70

### Wednesday

**Lunch Order only**  
 Chicken Chippies (bag of 6) \$4.20

### Monday

**Lunch Order only**  
 Chicken Tender Snack Wrap \$3.70

Contains lettuce  
Mayonnaise free on request  
Add tomato or cheese—50c each

**From the Sushi Supplier:** We are not a GF/VG/V kitchen & all food is prepared in a common area, therefore we can not guarantee that any item is 100% GF/VG/V or free from all traces of nuts (including sesame), egg and dairy.

### Thursday

**BURGERS**

Tasty Chicken (crumbed) \$5.00  
Burger includes fresh bun, lettuce, tomato & mayo

## MEAL DEALS

Oodles of Noodles Meal Deal	\$7.00	Noodles in a Cup
Tasty Toastie Meal Deal	\$7.50	Toasted Cheese Sandwich
Luscious Pasta Meal Deal	\$7.90	Macaroni & Cheese OR  Traditional Lasagne
Happy Hot Dog Meal Deal	\$7.50	Hot Dog in a roll
Chicken Little Meal Deal	\$7.90	Chicken Nuggets (bag of 6)

**Available every day**

Cookielishis  
OR  
 Frozen Fruit

Choose one:  
 Big M  
 Water  
 Just Juice  
*See drink list for flavours*

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