

Ransom's Café /Deli

Canteen Price List 2016

331 The Parade, Beulah Park
Tel(Fax) : 83323329

Hot Food		
♥♥	Yummy Drummies (baked)	\$1.20
♥♥	Hash Brown (baked) (gf)+(df)+(ef)	\$1.00
♥	Chicken Tender Loin (baked) (ef)	\$1.70
♥	Chicken breast pops (baked) (ef)	\$3.00
♥♥	Pizza singles (Ham & Pineapple)	\$3.00
♥	Pizza pocket (cheese & bacon)	\$3.00
♥♥	Garlic Bread (ef)	\$2.00
♥	Pie(Balfours)180gm (low fat/salt (ef)	\$3.50
♥	Vegetarian Pasty (Balfours)	\$3.50
♥	Sausage Roll 120gm (Balfours,Villis) (ef)	\$3.00
♥	Sausage Roll 130gm (gluten free) (gf)	\$5.00
♥♥	Spaghetti Bolognese / Lasagne / Macaroni & chee	\$5.00
♥♥	Croissant (cheese & Tomato)	\$3.80
♥♥	Croissant (Ham & Cheese)	\$4.00
♥♥	Hot Dog (Low Fat & Salt) (df)+(ef)	\$3.90
♥♥	Cheese Dog (Low Fat/Salt)	\$4.20
♥	Fantastic Noodles(chicken flavour) (df)+(ef)	\$2.70

Snack Foods		
♥♥	Double Choc Muffin (uniced)	\$2.50
♥♥♥	Choc Chip / Cornflake Cookies	\$2.80
♥♥♥	Fruit Mix (Pineapples,melon,Kiwi,Straberry) - Summer season	\$4.50
♥♥♥	Yoplait Yoghurt (choc,stawberry,banana)	\$2.20
♥♥	Banana Bread(Toasted) (df)	\$3.80

Drinks		
♥♥♥	Nippies flavoured milk 250ml (Strawberry, Choc, Honeycomb)	\$2.20
♥♥♥	UP & GO 250ml (Choc, Strawberry)	\$2.20
♥♥♥	Nippies fresh Juice 500ml (unsweetened)	\$3.50
♥♥♥	Nippies fresh Juice 250ml (Apple,blakcurrant,Orang)	\$2.20
♥♥♥	Spring Water 600ml(not flavoured)	\$2.00

Burgers		
♥♥	Hamburger (meat, cheese and sauce)	\$4.50
♥♥	Chicken Burger (breast fillet, lettuce & mayo)	\$5.00

♥♥♥	Hot Ham & Cheese Roll	\$4.20
♥♥♥	Hot Chicken Roll	\$4.50
♥♥♥	Hot Chicken & Cheese Roll	\$4.80

RATING		
Green =	♥♥♥	Healthy Choice
Amber =	♥♥	Moderate Choice
Red =	♥	Occasional Choice

df =	dairy free
gf =	gluten free
ef =	egg free

Lunch bags and Allergy stickers are available from the front office at 5c and 10c each

Sandwiches (white or w/meal bread)♥♥♥	
Buttered	\$1.00
Vegemite	\$1.50
Cheese	\$2.50
Ham / Beef	\$3.00
Chicken / Turkey	\$3.20

Toasties(♥♥♥)	
Toasted cheese	\$2.70
Toasted Ham & cheese	\$3.50
Toasted cheese & Tomato	\$3.20
Toasted Ham, cheese & tomato	\$3.80

Wraps(♥♥♥)	
Chicken, grated carrot, lettuce & mayo	\$4.00
Ham, grated carrot,lettuce & cucumber	\$4.00
Cheese, grated carrot, lettuce & cucumber	\$3.80
Tuna, grated carrots, lettuce & mayo	\$4.00

More Choices(♥♥♥)	
Chicken,Tuna,Ham or Turky & Garden Salad Pack	\$5.00
Sushi (Tuna, Teriyaki chicken, Vegetarian)	\$2.80
Sushi is available only on Wed ,Friday	
Vietnamese meat Roll(Roast pork,Lemongrass chicken, Combination(normal chiken&pork) with pickled carrots,cucumber,coriander	\$5.80
Extra meat(pork & chicken)	\$1.00

EXTRAS	
Tomato, Gherkin, Pickled onion, Lettuce, Cheese, Cucumber, Carrot, Beetroot.....Add 40c each	
Mayonnaise.....Add 20c	
Sauce.....Add 20c	

LUNCH TIME COMBOS(♥♥)

Chicken wrap	\$5.80
Ham wrap	\$5.80
Tuna wrap	\$5.80
Cheese wrap	\$5.50
Beef wrap	\$5.80
Salad wrap	\$5.50
All wrap combos include 1 drink - Your Choice of Nippies flavoured milk,UP&GO,or Nippies 250ml fresh juice	

Please put lunch orders in **lunch bags** with your child's name,class,box number and amount of money enclosed clearly labelled on the front of the bag