

Menu

Open Mon - Fri 8.15am to 1.45pm
E: Rshstuckshop@gmail.com
*Prices subject to change



HOT FOOD

Spring Rolls (v) (h)	\$3.00
Garlic Bread (v) (h)	\$3.00
Dim Sims	\$3.00
Cheese & Bacon Roll	\$3.00
Vegemite Scroll (h)	\$3.00
Nuggets (h)	\$4.00
Toasted Sandwich	\$4.50
Sausage Roll	\$4.50
Cheese Pizza (v)	\$4.50
Chicken Pizza	\$5.50
Ham Pizza	\$5.50
Traveller Pie	\$5.00
Hash Brown	\$3.00

Key

Vegetarian - (v)
Dairy Free - (df)
Gluten Free (gf)
Halal - (h)

COLD FOOD

Banana Bread (h)	\$2.50
Fruit Cup (gf)(v) (h)	\$3.00
Yoghurt & Muesli Cup (h)	\$4.00
Egg & Lettuce Sandwich(v)(h)	\$4.00
Chicken & Mayo Sandwich	\$4.00
Ham & Cheese Sandwich	\$4.00
Ham & Salad Roll	\$5.00
Corned Beef & Salad Roll	\$6.00
Ham & Salad Wrap	\$6.00
Chicken & Salad Wrap	\$6.00
Chicken Panini	\$7.00
Asian Salad (df)(gf)	\$6.00
Chicken caesar Salad	\$6.00
Chicken Caesar Wrap	\$6.00

QKR ONLY

Hot Food

Raisin Toast (v)(h) \$3.00
Instant noodles in a cup \$4
Butter Chicken (gf) \$7
Mac & Cheese (gf)(h)(v) \$7
Beef Lasagna (gf) \$7
Ham or Chicken Pizza \$5.50



Cold Food

Boiled Egg (gf)(v)(h) \$2

Design Your Own

Sandwich or Toasty
Wrap/Roll/Panini
Salads

Gluten Free Bread available on request

View the QKR App for Lunch Pack Deals, Salad Pack Deals and Daily Special Pack Deals

DRINKS

Water 600 ml	\$1.50
Water 1 Ltr	\$2.50
Plain Milk	\$3.00
Lipton Tea	\$5.00
Up & Go	\$3.00
Assorted Juice 200ml	\$3.00
Glee Fruit Drink	\$3.00
Assorted Juice 500ml	\$4.00
Real Iced Coffee 500 ml	\$5.00
Flavoured Milk 500ml	\$5.00
Gatorade Berry/Grape	\$5.00

SPECIALS

Mon	Chicken or Beef Burger	\$6.00
Tue	Pulled Pork Pocket	\$6.00
Wed	Sushi Bowl Cn Egg Tuna	\$6.00
Thu	Chicken or Beef Burger	\$6.00
Fri	Meatball or Chicken Sub	\$6.00

Vegetarian options available for
QKR Pre-orders
Beef Burgers (h)

RSHS Canteen

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BREAKFAST

Vegemite Scroll (h)	\$3.00
Bacon & Cheese roll	\$3.00
Toasted Sandwich	\$4.50
Plain Croissant (v) (h)	\$3.50
Cheese Croissant (v) (h)	\$3.50
Ham & Cheese Croissant	\$4.00
Cookie (h)	\$2.00

Gluten Free Bread available on request

Key

Vegetarian - (v)
Dairy Free - (df)
Gluten Free (gf)
Halal (h)

Banana Bread (h)	\$2.50
Fruit Cup (gf)(v) (h)	\$3.00
Yoghurt & Muesli Cup (v) (h)	\$4.00
Egg & Lettuce Sandwich(v)(h)	\$4.00
Chicken & Mayo Sandwich	\$4.00
Ham & Cheese Sandwich	\$4.00
Ham & Salad Roll	\$6.00
Corned Beef & Salad Roll	\$6.00
Ham & Salad Wrap	\$6.00
Chicken & Salad Wrap	\$6.00
Chicken & Salad Panini	\$7.00
Asian Salad (df)(gf)	\$6.00
Chicken Caesar Salad	\$6.00
Chicken Caesar Wrap	\$6.00

SNACK BAR



DRINKS

Water 600 ml	\$1.50
Water 1 Ltr	\$2.50
Plain Milk	\$3.00
Lipton Tea Peach/Mango	\$5.00
Up & Go	\$3.00
Assorted Juice 200ml	\$3.00
Glee Fruit Drink	\$3.00
Assorted Juice 500ml	\$4.00
Real Iced Coffee 500 ml	\$5.00
Flavoured Milk 500ml	\$5.00
Gatorade Berry/Grape	\$5.00
Protein Drinks	\$6.00

SNACKS

Protein Balls	\$3.00
Icy Twist	\$2.00
T&T Snap	\$1.00
Calippo	\$2.00
Chocolate Cake	\$2.00
Assorted Chips	\$2.00
Cheese & Crackers	\$2.50
Rainbow Paddle Pop	\$3.00
Twisted Frozen Yoghurt	\$3.00
Bulla Frozen Yoghurt	\$3.00

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