

Healthy & Delicious Canteen Catering

SANDWICHES & WRAPS

GREAT CHOICE

	sandwich	wrap
E vegemite or jam <i>veg</i>	\$ 2.00	
E cheese <i>veg</i>	\$ 2.00	
E ham	\$ 2.50	
E cheese & tomato <i>veg</i>	\$ 3.00	
E ham & cheese	\$ 3.00	\$ 5.00
E egg <i>veg</i>	\$ 3.00	
E chicken with mayo	\$ 3.50	
E egg & lettuce <i>veg</i>	\$ 3.50	\$ 5.00
E curried egg & lettuce <i>veg</i>	\$ 3.50	\$ 5.00
E ham, cheese & tomato	\$ 3.50	\$ 5.00
E chicken & cheese	\$ 3.50	\$ 5.00
E salad <i>veg</i>	\$ 3.50	\$ 5.00
E sweet chilli chicken	\$ 4.00	\$ 5.00
E ham & salad	\$ 4.00	\$ 5.50
E peri peri chicken & lettuce	\$ 4.00	\$ 5.50
E chicken, lettuce & mayo	\$ 4.00	\$ 5.50
E chicken, cheese & tomato	\$ 4.00	\$ 5.50
E chicken & salad	\$ 4.00	\$ 5.50
E chicken caesar salad	\$ 4.00	\$ 5.50

sandwiches now have more fillings !

SALAD BOWLS

GREAT CHOICE

E garden salad	\$5.00
E greek salad	\$ 5.00
E ceasar salad	\$ 5.00
E chicken pesto salad	\$ 5.00

FRESH FRUIT

GREAT CHOICE

E fruit	watermelon, apple, banana, seasonal fruits	\$ 1.00
E fruit salad	Small \$3.00 Large \$5.00	

food coding

veg	vegetarian	gf	gluten free
E	everyday rated	O	occasional rated
all items are halal (except pork based products)			

Piece of fruit for \$1



DRINKS

GREAT CHOICE

E popper	100% juice apple, orange, abc	\$ 2.50
E water	600ml	\$ 2.00
E plain milk	300ml	\$ 2.50
E oak milk	300ml chocolate, strawberry	\$ 3.00
E glee	250ml 100% juice	\$ 3.00
	raspberry, grape, watermelon sour	
E Milkshake	Chocolate, Strawberry or Banana	\$ 3.00
E ice tea	500ml peach, raspberry	\$ 4.00
E aloe vera	500ml grape	\$ 4.00
E hot chocolate		\$ 2.00

ICE COLD TREATS

GREAT CHOICE

E ice block	assorted flavours	\$ 1.50
E oreo ice cream		\$ 2.50

ice blocks are not put in your lunch order bag
ask your child to go and collect it from
the canteen during their lunch break

SNACKS

E pancake & ice cream	\$3.00
E popcorn	\$1.00
E muffin	\$3.50
E chips	\$2.00
E jelly cup	\$1.50
E banana bread	\$3.00



Register For Online Ordering

Flexischools.com.au

SUSHI ROLLS

GLUTENFREE

GREAT CHOICE

bigger & tastier all new sushi rolls

E chicken teriyaki	\$ 4.00
E tuna	\$ 4.00
E vegetarian <i>veg</i>	\$ 4.00

write "soy sauce" on your lunch bag
if you would like one for free

EXTRAS

sauce portion - bbq or tomato sauce	\$ 0.40
tomato, beetroot, cucumber, carrot, onion	\$ 0.50
cheese slice, shredded cheese	\$ 0.50
chicken, ham, egg	\$ 1.00

HOT BITES

E chicken nuggets	each	\$ 1.00
	4 pack	\$ 3.00
	6 pack	\$ 4.50
E chicken wings		\$ 1.40
E spring roll		\$ 1.00
E hash brown		\$ 2.00
E garlic bread		\$ 2.00
E hot dog		\$ 4.00
E wedges		\$ 4.00

DEAL with WEDGES!

Add either

3 chicken nuggets or
3 spring rolls or
3 chicken wings for only
\$6

PIES & PASTRIES

E party pie	3 pies \$ 4	\$ 1.40
E sausage roll		\$ 4.00
E meat pie		\$ 5.00
E spinach & cheese roll		\$ 4.00

CUP OF NOODLES

O chicken	\$ 3.00
O beef	\$ 3.00
E oriental	\$ 3.00

noodle cups are not put in lunch order bags
your child must go and collect it from
the canteen during their eating period

MEAL DEALS

Please check online
at
Flexischools.com.au
for daily specials!

PASTAS & RICE

GREAT CHOICE

E butter chicken	with rice	\$ 5.00
E bolognese pasta		\$ 5.00
E creamy chicken pasta		\$ 5.00
E fried rice <i>veg</i>		\$ 3.50
E macaroni & cheese		\$ 5.00
E lasagne beef		\$ 5.00

BURGERS

GREAT CHOICE

E beef burger	lettuce, cheese, burger sauce	\$ 5.00
E chicken burger	lettuce, mayo	\$ 5.00
E fish burger	lettuce, tartar sauce	\$ 5.00

HOME MADE PIZZAS

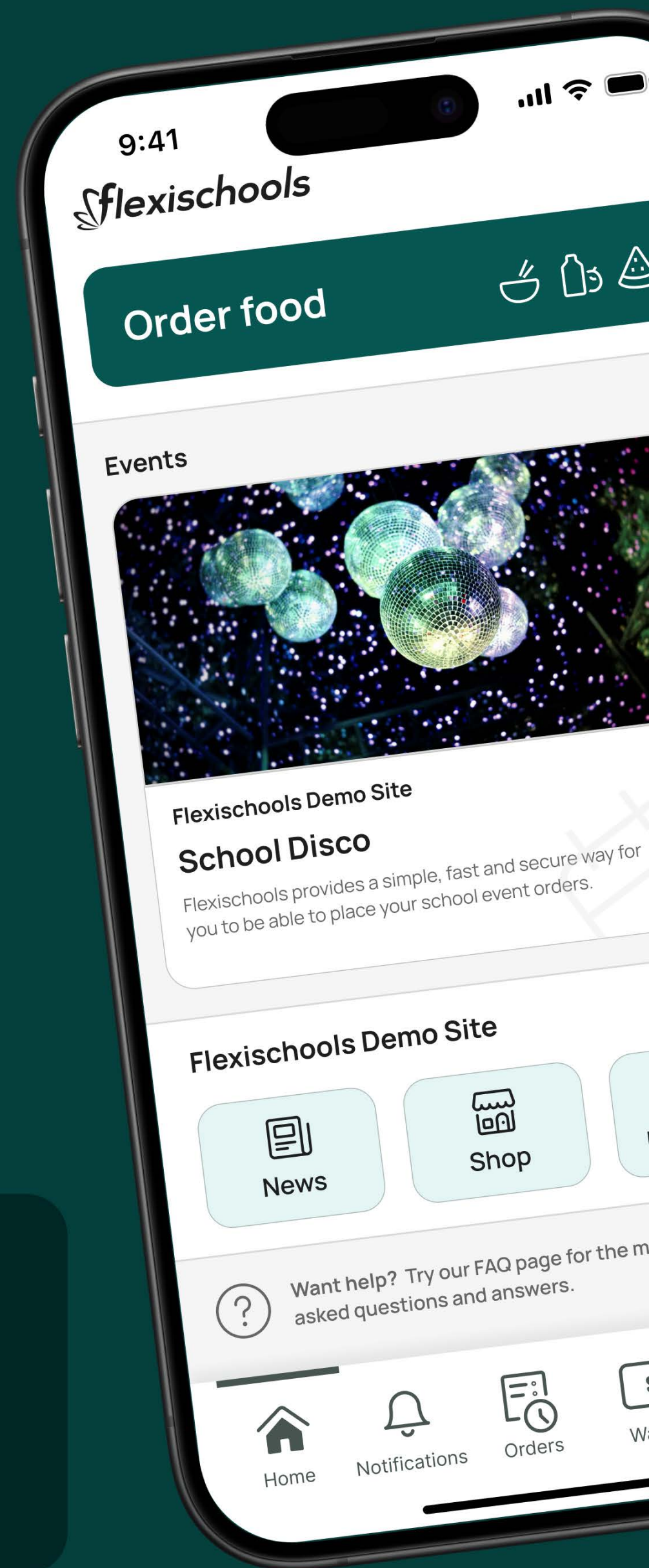
E cheese	\$ 4.00
E meat lover	\$ 5.00
E Perri Perri chicken	\$ 5.00



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