



# Canteen Menu

G : Everyday Items  
 O : Occasional Items  
 V : Vegetarian  
 GF : Gluten Free



## Sandwiches

Vegemite or Jam	\$2.70 G
Cheese	\$3.20 G
Ham	\$3.60 G
Cheese & Tomato	\$4.20 G
Ham & Cheese	\$4.40 G
Ham, Cheese & Tomato	\$5.00 G
Chicken, Cheese & Mayo	\$5.00 G
Egg & Lettuce w/Mayo	\$5.00 G
Salad	\$5.00 G
Sweet Chilli Chicken w/Lettuce	\$5.00 G
Chicken, Lettuce & Mayo	\$5.00 G
Chicken, Cheese & Tomato	\$5.00 G
Ham & Salad	\$5.50 G
Chicken & Salad	\$5.50 G
Gluten Free Bread Add	\$0.50 G

## Fresh Fruit

Fruit Pieces : Apple, Watermelon Mandarin (Seasonal)	\$2.00 G
Watermelon Bowl	\$6.00 G
Fruit Salad Bowl	\$6.60 G

## Ice Blocks 99% Juice

Frozen Juice Cup	\$2.20 G
Apple, Orange, ABC	
Fruity Ices : Various Flavours	\$1.00 G
Sour Snap Stix : Various Flavours	\$1.60 G

Ice Blocks are not put in your lunch order bag  
 Ask your child to take the lunch bag to the canteen and collect it at the start of playtime

## Noodle Cups

Chicken	\$4.00 O
Beef	\$4.00 O
Tom Yum Hot & Spicy Shrimp	\$4.00 O
Oriental Vegetarian V	\$4.50 O

Noodle Cups are not put in lunch order bags  
 Ask your child to go to the canteen at lunch to collect it

## Pasta & Rice

Butter Chicken & Rice Regular GF	\$5.60 G
Butter Chicken & Rice Large GF	\$7.60 G
Bolognese Pasta Beef Sauce	\$5.60 G
Creamy Chicken Pasta	\$5.60 G
Lasagna Beef	\$6.20 G
Macaroni & Cheese V	\$6.20 G
Fried Rice V GF	\$5.20 G
Chicken Fried Rice GF	\$5.60 G

## Wraps

Salad	\$7.00 G
Sweet Chilli Chicken, Lettuce & Mayo	\$7.00 G
Chicken, Lettuce & Mayo	\$7.00 G
Chicken, Cheese & Tomato	\$7.30 G
Ham & Salad	\$7.30 G
Chicken & Salad	\$7.30 G
Chicken Caesar Salad	\$7.30 G
Falafels w/Lettuce, Tomato	\$7.30 G

## Sushi Rolls Gluten Free

Teriyaki Chicken GF	\$5.00 G
Tuna GF	\$5.00 G

If you would like a Soy Sauce write it on your order

## Extras

Sauce Portions : BBQ, Tomato	\$0.50
Salad Extras : Tomato, Beetroot Carrot, Cucumber	\$0.70 G
Cheese Slice, Cheese Shredded	\$0.70 G
Egg	\$0.70 G
Chicken, Ham	\$1.50 G
Toast Any Sandwich	\$0.50 G

## Drinks

Popper Juice Apple, Orange, ABC	\$2.70 G
Water	\$2.70 G
Plain Milk	\$3.30 G
Oak Milk : Chocolate, Strawberry	\$3.60 G
Glee : Grape, Watermelon, Tropical	\$3.80 G
Groove : Watermelon, Raspberry	\$3.80 G
Up N Go	\$3.90 G
Hot Chocolate	\$3.00 G
Ice Tea : Peach, Raspberry	\$5.00 O
Aloe Vera : Grape	\$5.00 O

## Snacks

Popcorn GF	\$1.50 G
Brownie	\$1.50 O
Chips 27g	\$2.90 O
Jelly Bowl GF Collect at the Canteen	\$2.90 G
Banana Bread	\$3.20 O
Piranha Rice Snaps GF V	\$3.30 O
Homemade Muffin Chocolate	\$5.00 O

## Mexican Nachos

Beef Nachos Beef Sauce GF	\$6.00 O
Cheesy Nachos Cheese Sauce V	\$6.00 O
Add Cheese To Your Nachos	\$0.70

## Salads

All New  
25% Larger

Garden GF	\$7.00 G
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Caesar	\$7.00 G
Lettuce, Croutons, Egg, Cheese	
Sweet Chilli Chicken	\$7.50 G
Lettuce, Tomato, Cheese, Sweet Chilli Mayo	
Chicken Caesar Salad	\$7.50 G
Falafel Salad GF	\$7.50 G

## Hot Bites

Chicken Nuggets	x1 \$1.00 O
	x4 \$4.00 O
	x6 \$5.40 O
Chicken Wings Hot & Spicy	x1 \$2.20 G
Hash Brown V	\$2.00 O
Garlic Bread	\$3.30 G
Mini Spring Rolls V	x3 \$4.40 G
Hot Dog With Sauce	\$4.50 G
Chicken Nuggets Gluten Free	x6 \$6.00 O

## Pies & Pastries

Mini Pie Beef	\$2.20 O
Sausage Roll	\$4.70 O
Meat Pie Beef	\$6.00 O
Spinach & Ricotta Roll V	\$6.40 O

## Toasted Wraps

Cheese V	\$3.30 G
Ham & Cheese	\$4.70 G
BBQ Chicken & Cheese	\$6.40 G
Sweet Chilli Chicken & Cheese	\$6.40 G
Doner Kebab Meat & BBQ Sauce	\$6.80 G

## Homemade Pizza

Only Available Monday to Thursday

Cheese Tomato Sauce V	\$5.20 G
Ham & Cheese Tomato Sauce	\$6.00 G
Pepperoni & Cheese Tomato Sauce	\$6.00 G
Doner Kebab Meat & Cheese BBQ	\$6.20 G

## Burgers

Chicken Burger Lettuce & Mayo	\$6.20 G
Chicken & Cheese Burger Mayo	\$6.20 G
Beef Burger	\$6.20 G
Beef & Cheese Burger	\$6.60 G
Aussie Beef Burger	\$6.80 G
Beef Pattie, Lettuce, Tomato, Beetroot, BBQ Sauce	
Vege Burger V	\$6.80 G
Smashed Falafels, Lettuce, Tomato, Mayo	

# MEAL DEALS



Register For  
Online Ordering  
flexischools.com.au

## Monday

### Hot Dog

Pick 1: Hot Dog	\$7.80 G
Pick 1: Popcorn, Watermelon Apple	
Pick 1: Popper Juice, Water	

## Tuesday

### Homemade Pizza

Pick 1: Cheese V	\$8.00 G
Ham & Cheese	\$8.90 G
Pepperoni & Cheese	\$8.90 G
Pick 1: Popcorn, Watermelon Apple	
Pick 1: Popper Juice, Water	

## Wednesday

### Pasta & Rice

Pick 1: Butter Chicken & Rice	\$8.80 G
Bolognese Pasta	\$8.80 G
Fried Rice V	\$8.20 G
Pick 1: Popcorn, Watermelon Apple	
Pick 1: Popper Juice, Water	

## Thursday

### Burgers

Pick 1: Chicken & Cheese	\$9.20 G
Beef & Cheese	\$9.50 G
Vege V	\$9.50 G
Pick 1: Popcorn, Watermelon Apple	
Pick 1: Popper Juice, Water	