

CANTEEN MENU

TERM 4 2018

Hot Food

- Chicken Nuggets 4 for \$3.00
6 for \$4.20
- Party Pie \$1.20
- E Corn on the Cob \$1.20
- Garlic Bread \$2.00
- Sausage Roll - Lite \$3.20
- Filo Spiral \$3.50
- Meat Pie - Lite \$3.80
- Pizza Slab - BBQ Chicken \$3.50
- Pizza Slab - Margarita \$3.50

Burgers

- E Chicken Burger \$4.20
- E Sweet Chilli Burger \$4.20
- E Beef Burger \$4.20
- E Vegie Burger \$4.20
- E Meatball Sub \$4.20

ALL BURGERS INCLUDE SALAD

All Wrapped Up

- E Parmy Toasted Wrap \$4.50
- E Chicken Caesar Wrap \$4.50
- E Sweet Chilli Chicken Wrap \$4.50
- E Nemo Wrap \$4.50
- E Lamb Toasted Wrap \$4.50
- E All Meats / Cheese Wrap \$4.50

Pasta & Rice

- E Macaroni & Cheese \$4.20
- E Butter Chicken & Rice \$4.20
- E Pasta Bolognese \$4.20
- E Lasagne \$4.20
- E Fried Rice & Chicken Wings \$5.00
- E Vegetable Lasagne \$4.20

Sushi Rolls

- E Chicken & Cucumber \$3.50
- E Tuna & Cucumber \$3.50
- E Chicken Teriyaki \$3.50

AVAILABLE TUESDAY, WEDNESDAY & THURSDAY

Snacks

- E Pizza Muffin \$1.00
- E Cheese Stick \$1.00
- E Carrot Sticks \$1.00
- E Piece of Fruit \$1.00
- E Boiled Egg \$1.00
- E Popcorn \$1.00
- Jumpy's \$1.00
- Honey Soy Chips \$1.50
- JJ Chicken Crackers \$1.50
- E Yoghurt Cup - Small \$2.00
- Large \$2.30
- E Fruit Salad - Small \$2.00
- Large \$3.50
- Banana Bread Slice \$2.00
- E Dip Snack Box \$2.00

HOMEMADE SNACKS AVAILABLE DAILY

Drinks

- E Juice - Popper \$1.80
- E Plain Milk 300ml \$1.80
With Sippah Straw \$2.30
- E Pop Top Juice \$2.00
- E Bottled Water 600ml \$2.00
- E Juice Bomb Sparkling Juice \$2.20
- E Flavoured Milk (3 Flavours) \$2.50
- E Up 'n' Go \$2.50
- Homemade Milkshakes \$2.00

Sandwiches, Wraps & Rolls

ALL SANDWICHES MADE ON WHOLEMEAL BREAD

- E Vegemite, Jam \$2.00
- E Tomato, Cheese \$2.50
- E Tuna or Egg \$3.00
- E Ham, Chicken or Salmon \$3.50
- E Salad Sandwich \$3.50
(Lettuce, Tomato, Cucumber, Beetroot & Carrot)
- E Salad with Cheese \$3.90
- E Salad with Tuna or Ham \$4.20
- E Salad with Chicken or Salmon \$4.50
- Extras (Including Toasting) \$0.40

(WRAP OR ROLL - ADD \$0.50)

Order your lunch
online

flexischools
flexischools.com.au

Bento Box 1

- E ½ Sandwich \$5.00
- Chicken Wing
- Cheese & Crackers
- Fruit Selection
- 2 Mini Muffins

Bento Box 2

- ½ Sandwich \$5.00
- Party Pie
- Dip & Carrot Sticks
- Fruit Selection
- 2 Mini Muffins

Crunch Box

\$4.00

- E Vegie Sticks, Cherry Tomatoes,
Cheese, Dip & Crackers

Salads

- E Garden Salad \$4.00
- With Ham or Tuna \$4.50
- With Salmon or Chicken \$5.00
- E Chicken Caesar Salad \$5.50
- E Add Ons \$0.50
- Egg, Cheese, Avocado
- Sprouts, Bacon, Croutons

WE'RE ON OUR
WAY TO BEING
GREAT
Healthy School Canteens

Ice Blocks

- Frozen Lite Cordial Cup \$0.50
- E Moosie Pouch \$1.00
- E Frozen Juice Cup \$1.00
- Slushie Cup \$2.00
- E Quelch Stick \$1.00
- Ice Cream Cup \$2.00
- E Juice Pouch \$1.00
- Frozen Yoghurt \$2.00

Our school canteen aims to comply with the NSW Healthy School Canteen Food & Drink Benchmarks with a focus on everyday healthy food and drink options.