

## SANDWICHES & WRAPS

GREAT CHOICE

	SANDWICH	WRAP
E VEGEMITE OR JAM VEG	\$ 2.00	
E CHEESE VEG	\$ 2.00	
E HAM	\$ 2.50	
E CHEESE & TOMATO VEG	\$ 3.00	
E HAM & CHEESE	\$ 3.00	\$ 5.00
E EGG VEG	\$ 3.00	
E CHICKEN WITH MAYO	\$ 3.50	
E EGG & LETTUCE VEG	\$ 3.50	\$ 5.00
E CURRIED EGG & LETTUCE VEG	\$ 3.50	\$ 5.00
E HAM, CHEESE & TOMATO	\$ 3.50	\$ 5.00
E CHICKEN & CHEESE	\$ 3.50	\$ 5.00
E SALAD VEG	\$ 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	\$ 5.50	

SANDWICHES NOW HAVE MORE FILLINGS !

## SALAD BOWLS

GREAT CHOICE

E GARDEN SALAD VEG	\$ 4.50 GF
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
E SWEET CHILLI CHICKEN SALAD	\$ 5.00
E HAM & GARDEN SALAD	\$ 5.00 GF
E CHICKEN & GARDEN SALAD	\$ 5.00 GF
E CHICKEN CAESAR SALAD	\$ 5.00
E PERI PERI CHICKEN SALAD	\$ 5.00 GF

CHOOSE ANY OF THESE DRESSINGS :

CAESAR, ITALIAN, MAYO, FRENCH, PERI PERI, GARLIC AIOLI

## FRESH FRUIT

GREAT CHOICE

E FRUIT WATERMELON, APPLE, BANANA, SEASONAL FRUITS	\$ 1.00
E FROZEN ORANGES SNACK PACK	\$ 2.00
E WATERMELON CHUNKS	\$ 4.50
E FRUIT SALAD SEASONAL FRUITS	\$ 5.00

## FOOD CODING

VEG VEGETARIAN GF GLUTEN FREE  
 E EVERYDAY RATED O OCCASIONAL RATED  
 ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)

## SNACK DEAL \$ 2.50

Choose One

Popper - Water - Plain Milk



Fruit Piece Or Popcorn  
 Add 50c Oak Milk



## DRINKS

GREAT CHOICE

E POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00
E WATER 600ML	\$ 2.00
E PLAIN MILK 300ML	\$ 2.00
E OAK MILK 300ML CHOCOLATE, STRAWBERRY	\$ 2.50
E GLEE 250ML 100% JUICE	\$ 2.60
RASPBERRY, GRAPE, WATERMELON SOUR	
E UP N GO 250ML CHOCOLATE, VANILLA	\$ 3.00
E ICE TEA 500ML PEACH, RASPBERRY	\$ 3.60
E ALOE VERA 500ML GRAPE	\$ 3.60
E HOT CHOCOLATE	\$ 1.80

## ICE COLD TREATS

99% JUICE

GREAT CHOICE

E FROZEN JUICE CUP ASSORTED FLAVOURS	\$ 1.50 GF
E FRUITY ICES ASSORTED FLAVOURS	\$ 0.50 GF
E SOUR SNAP APARTS ASSORTED FLAVOURS	\$ 1.00 GF

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

## YOGHURT

E VAALIA YOGHURT VANILLA	\$ 3.50
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## SNACKS

E PANCAKE	\$ 1.00
E POPCORN GF	\$ 1.00
O BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00
O CHIPS 27G HONEY SOY	\$ 2.00
O PIRANHA RICE SNAPS VEGE CRACKERS	\$ 2.20 GF
O JELLY BOWL	\$ 1.50 GF
O BANANA BREAD	\$ 2.50
O MUFFIN CHOCOLATE	\$ 3.50



Register For Online Ordering  
[Flexischools.com.au](http://Flexischools.com.au)

## SUSHI ROLLS

GLUTEN FREE

GREAT CHOICE

BIGGER & TASTIER ALL NEW SUSHI ROLLS

E CHICKEN TERIYAKI	\$ 4.00 GF
E TUNA	\$ 4.00 GF
E VEGETARIAN VEG	\$ 4.00 GF

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

O CHICKEN NUGGETS 100% BREAST	EACH	\$ 0.80
	4 PACK	\$ 3.00
	6 PACK	\$ 4.20
E CHICKEN WINGS HOT & SPICY	EACH	\$ 1.40
E MINI SPRING ROLL OVEN BAKED VEG		\$ 0.90
E CORN COB VEG		\$ 1.20
O HASH BROWN VEG		\$ 1.20 GF
E GARLIC BREAD VEG		\$ 2.20
O CHEESE & BACON ROLL WARM		\$ 2.70
E HOT DOG WITH TOMATO SAUCE (CHICKEN)		\$ 3.30
O GLUTEN FREE CHICKEN NUGGETS	EACH	\$ 0.80 GF
	4 PACK	\$ 3.00 GF
	6 PACK	\$ 4.20 GF

## TOASTED WRAPS

E CHEESE TOASTED WRAP VEG	\$ 2.00
E HAM & CHEESE TOASTED WRAP	\$ 3.00
E CHICKEN, CHEESE & BBQ BBQ SAUCE	\$ 5.00
E SWEET CHILLI CHICKEN CHEESE, SAUCE	\$ 5.00

## PASTAS & RICE

GREAT CHOICE

E BUTTER CHICKEN WITH RICE	LARGE \$ 6	\$ 4.00 GF
E BOLOGNESE PASTA BEEF SAUCE		\$ 4.00
E CREAMY CHICKEN PASTA		\$ 4.00
E FRIED RICE VEG		\$ 4.50
E MACARONI & CHEESE VEG		\$ 4.50
E LASAGNE BEEF		\$ 4.50

## VEGETARIAN

E FRIED RICE VEG	\$ 4.50	
GLUTEN FREE WRITE "GLUTEN FREE" ON BAG		
E MACARONI & CHEESE GLUTEN FREE VEG	\$ 5.00 GF	
E LASAGNE VEGE GLUTEN FREE VEG	\$ 5.00 GF	
E LASAGNE BEEF GLUTEN FREE	\$ 5.00 GF	

## PIES & PASTRIES

O PARTY PIE LOW FAT	x 3 \$ 4	\$ 1.40
O SAUSAGE ROLL LOW FAT		\$ 3.50
O MEAT PIE LOW FAT		\$ 4.50
O POTATO PIE LOW FAT		\$ 4.50
E BEEF PIE GLUTEN FREE		\$ 5.00 GF

## DUMPLINGS

ASK FOR SOY SAUCE FREE

E PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00
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## MEXICAN NACHOS

GLUTEN FREE

O BEEF NACHOS HOME MADE ADD CHEESE 50C	\$ 4.70 GF
O VEGE NACHOS TOMATO SALSA ADD CHEESE 50C VEG	\$ 4.70 GF

## CUP OF NOODLES

O CHICKEN	\$ 3.00
O BEEF	\$ 3.00
E ORIENTAL VEG	\$ 3.00
O TOM YUM HOT & SPICY	\$ 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

GREAT CHOICE

MONDAY \$6

PASTA OR RICE CHOOSE ANY ONE  
 GLUTEN FREE LASAGNE OR MAC & CHEESE \$6.50

TUESDAY \$6

HOME MADE PIZZA CHOOSE ANY ONE

WEDNESDAY \$6

SANDWICH CHOOSE ANY ONE

+ POPPER OR WATER + POPCORN  
 (ADD 50c FOR OAK MILK)

WRITE "MEAL DEAL" ON YOUR LUNCH BAG  
 + THE FOOD & DRINK YOU WANT

## BURGERS

GREAT CHOICE

E CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80
E AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80
E CHICKEN BREAST FILLET, LETTUCE, MAYO	\$ 4.80
E CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 5.00
E HOT & SPICY CHICKEN BURGER LETTUCE, MAYO	\$ 5.00

SAUCES : BBQ, TOMATO, PERI PERI, MAYO, SWEET CHILLI

## HOME MADE PIZZAS

NOW EVEN TASTIER WITH MORE MEATS

E CHEESE VEG	\$ 3.80
E HAM & CHEESE	\$ 4.50
E PEPPERONI & CHEESE	\$ 4.50