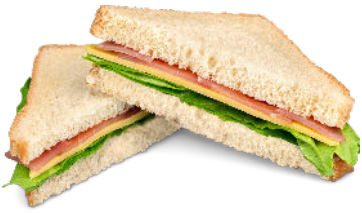


CANTEEN MENU

Seasonally changing menu



SANDWICHES, ROLLS, WRAPS

Plain Roll **\$1.50**

Assorted Sandwiches /Rolls **From**

Cheese, Egg, Chicken, Tuna, Ham **\$4.00**
 Salad Options on freshly baked daily bread

Wraps **From**

Chicken ,Lettuce &Mayonaisse **\$4.00**

Tuna, Mayonnaise & Salad

Chicken ,Lettuce Mayonaisse & Cheese

Assorted Toasted Sandwiches **From**

Cheese , Egg, Chicken , Tuna, Ham **\$4.00**
 Salad Options



VEGETARIAN/MEAT FREE

Cheese & Spinach Roll **\$4.50**

Vegetable Pastie **\$4.50**

Vegie Burger **\$5.50**

Falafel & Hummus Wrap **\$4.00**

Warm Vegetable Meatball **\$4.50**

Sub Roll **\$4.50**

Spinach Quiche **\$5.00**

Macaroni & Cheese **\$5.00**



HOT FOODS

Cheesie **\$2.30**

Napolitana Pasta (select Days) **\$5.00**

Ham Quiche **\$5.50**

Sausage Rolls **\$4.00**

Pies **\$4.50**



SUPER SALADS

Salad Box **\$5.00**

Lettuce, Carrot, Tomato, Capsicum, Cucumber, boiled Egg

Extras

Extras Ham ,cheese ,Tuna , Chicken **\$1.00**

Abundance Bowl **\$5.00**

Roasted Herb Pumpkin ,spinach, cucumber, hummus, avocado, pumpkin seeds with a Balsamic Dressing

\$4.50

Chicken Noodle Salad

Rice Noodles tossed through Shredded cabbage, chicken, spring onions, cucumber ,snow peas, fresh mint and an Asian Dressing



SUSHI TIME Made in house

1 X ROLL PER SERVE WITH A PORTION OF SOY SAUCE - GLUTEN FREE

Vegetarian **\$5.00**

Carrot and Cucumber Filling

Teriyaki Chicken **\$5.50**

Marinated Chicken

Teriyaki Chicken & Cucumber **\$5.50**

Marinated Chicken with Cucumber Sticks

Tuna

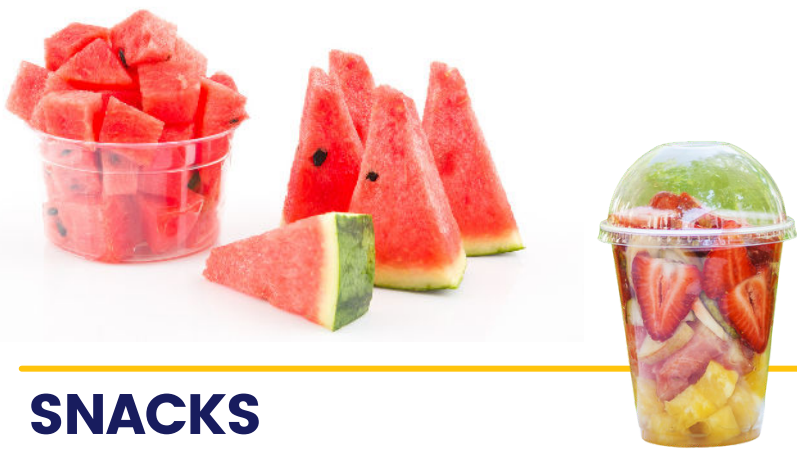
Tuna & Mayonaisse Mix **\$5.50**

Tuna & Cucumber **\$5.50**

Tuna & Mayonaisse Mix with Cucumber Sticks



Order through www.flexischools.com.au



SNACKS

| | |
|--------------------------------------|--------|
| Dips with Rice Crackers | \$2.70 |
| Dips with Carrot and Cucumber Sticks | \$2.70 |
| Blueberry Muffin | \$3.50 |
| Cobbs Popcorn (GF) | \$2.50 |
| Pirhana Crisps (GF) | \$2.00 |
| Watermelon Cups | \$4.00 |
| Pieces of Fruit | \$1.50 |
| Banana Bread Slice | \$3.00 |
| Choc Berry Yoghurt Cup | \$3.50 |



GLUTEN FREE

| | |
|-------------------------|--------|
| Toasted Sandwiches | \$4.50 |
| Chicken Tender Sub Roll | \$5.00 |
| Cheesie | \$2.50 |
| Chicken Tender | \$2.20 |
| Cheese Burger | \$5.50 |



WEEKLY SPECIALS From \$3.00

Mood Lift Monday

Tasty Tuesday

Wellness Wednesday

Tucker Thursday

Feel Good Friday



DRINKS

| | |
|-------------------------|-------------|
| Water 600ml | \$2.20 |
| Sparkling Mineral Water | \$3.20 |
| Up & Go | \$2.80 |
| Assorted Brownes Milk | From \$3 |
| Nippys Milk | From \$3.50 |
| Juice Bomb | \$2.50 |
| Harvey Fresh Juices | \$3.50 |
| Chilled Ice Tea | \$3.20 |
| Aloe Drink | \$3.20 |



Order through www.flexischools.com.au

If your child is unwell or leaving school earlier than planned and you have ordered a meal, please contact the canteen to cancel: (08) 62415421