



## Eat Fresh: Healthy Body, Healthy Mind!



### SANDWICHES

AVAILABLE IN WHITE OR MULTIGRAIN WRAP ADD 0.50c TO SANDWICH PRICE

Bread and Butter	\$1.00
Vegemite, Jam or Devon	\$2.00
Tomato or Cheese	\$2.00
Tuna or Egg	\$3.00
Leg Ham, Chicken or Salmon	\$3.50
Salad Sandwich	\$3.50
Lettuce Tomato, Cucumber, Beetroot & Carrot	
Salad with Devon or Cheese	\$3.90
Salad with Tuna or Ham	\$4.00
Salad with Chicken or Salmon	\$4.50
EXTRAS – Including Toasting	\$0.40

### SALAD

	Bowl	Box
Fresh Fruit Salad Cup	\$2.50	\$4.00
Garden Salad	\$3.00	\$4.00
- With Devon or Ham	\$3.50	\$4.50
- With Salmon or Chicken	\$4.00	\$5.00
Chicken Caesar Salad	\$4.50	\$5.50
Pasta Salad	\$3.00	\$4.00
- with Chicken	\$4.00	\$5.00
Italian or Balsamic Dressing		\$0.40

### SNACKS

Piece of Fruit	\$1.00
Cookies, Delights, Popcorn	\$1.00
JJ Noodles, Jumpy's	\$1.00
Assorted Chips	\$1.30
Smiths, Honey Soy, Grainwaves, JJ Crackers	
Riviana Fruit Cup	\$1.50
Gingerbread Man 97% Fat Free	\$1.60
Pauls Screw Top Yoghurt	\$2.00
Fruit Yoghurt Cup	\$2.00
Banana Bread—Slice	\$2.50

### DRINKS

Juice - Poppers	\$1.50
Plain Milk 300ml	\$1.50
- with Sippah Straw	\$2.20
Pop Top Juice	\$2.00
Bottled Water 600ml	\$2.00
Flavoured Milk Lite 300ml	\$2.20
Iced Tea	\$2.20
Quench Mineral Water	\$2.20

### ICE BLOCKS

Cool Stix	\$0.50
Frozen Juice Cup/ Icy Mony	\$1.00
Vanilla Ice Cream Cup	\$1.20
Paddle Pop	\$1.60
Slushie Cup	\$2.00
Streets Paddle Pop Cup	\$2.20

### HOT FOOD AVAILABLE EVERY DAY

Chicken Nuggets	\$0.70EA OR 6 For \$4.00
Party Pies	\$1.00
Corn on the Cob	\$1.00
Hash Browns (3)	\$1.50
Garlic Bread	\$2.00
Cheese & Bacon Roll	\$2.50
Chicken Fingers x 8	\$3.00
Vegetarian Wrap with Lettuce & Tomato	\$4.50
Lentil Wrap with Lettuce & Tomato	\$4.50
Tomato or BBQ sauce	\$0.30EA
EXTRA Fork or Spoon	\$0.30EA

### AVAILABLE MONDAY ONLY

SALSA WRAP	\$4.50
Chicken Schnitzel, Melted Cheese, Mild Salsa Sauce	
SAUSAGE ROLL—LITE	\$3.00
TRAVELLER PIE—BEEF	\$3.50

### AVAILABLE TUESDAY ONLY

CAESAR WRAP	\$4.50
Chicken Schnitzel, Lettuce, Bacon, Parmesan Cheese, Caesar Dressing	
HOT DOG WITH SAUCE	\$2.80

### AVAILABLE WEDNESDAY ONLY

POPCORN CHICKEN SALAD BOWL	\$4.00
Lettuce, Tomato, Cucumber, Carrot	
HONEY SOY CHICKEN & RICE	\$3.50

### AVAILABLE THURSDAY ONLY

BEEF KEBAB WRAP	\$4.50
Lettuce, Tomato, BBQ Sauce	
PIZZA POCKET	\$3.00

### AVAILABLE FRIDAY ONLY

NEMO WRAP	\$4.50
Crumbed Fish Fillet, Lettuce & Mayo	
PANCAKES (2)	\$3.50
Plain or Chocolate Chip	

### PLEASE NOTE

- ◆ Recess orders are to be **PICKED UP FROM THE CANTEEN.**
- ◆ All **ICE CREAMS** ordered with lunch are given out when the **LUNCH BAG IS RETURNED TO THE CANTEEN.**

### Order Your Lunch Online

Orders can be placed before 9:00am at:  
[www.flexischools.com.au](http://www.flexischools.com.au)



# SUMMER MENU

