

## SANDWICHES

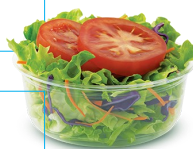
E Vegemite or Jam	\$ 2.00
E Cheese	\$ 2.00
E Ham	\$ 3.00
E Cheese & Tomato	\$ 3.50
E Ham & Cheese	\$ 3.50
E Chicken	\$ 4.00
E Egg & Lettuce 2 eggs with mayo	\$ 4.50
E Curried Egg & lettuce 2 eggs with mayo	\$ 4.50
E Ham, Cheese & Tomato	\$ 4.50
E Chicken & Cheese with mayo	\$ 4.50
E Salad lettuce, tomato, cucumber, beetroot, carrot	\$ 4.50
E Sweet Chilli Chicken lettuce, sweet chilli & mayo	\$ 4.90
E Ham & Salad	\$ 4.90
E Chicken, Lettuce & Mayo	\$ 4.90
E Chicken, Cheese & Tomato	\$ 4.90
E Chicken & Salad	\$ 4.90



Gluten Free Bread & Wraps available - Add 50c Write on lunch bag

## SUSHI

E Chicken Teriyaki <i>GF</i>	\$ 4.40
E Tuna <i>GF</i>	\$ 4.40
E Vegetarian <i>GF</i>	\$ 4.40



Write "Soy Sauce" on your lunch bag if you would like one for free

## WRAPS

E Egg & Lettuce 2 eggs with mayo	\$ 5.50
E Curried Egg & lettuce 2 eggs with mayo	\$ 5.50
E Ham, Cheese & Tomato	\$ 5.50
E Chicken & Cheese with mayo	\$ 5.50
E Salad lettuce, tomato, cucumber, beetroot, carrot	\$ 6.00
E Sweet Chilli Chicken lettuce, sweet chilli & mayo	\$ 6.00
E Ham & Salad	\$ 6.50
E Chicken, Lettuce & Mayo	\$ 6.50
E Chicken, Cheese & Tomato with mayo	\$ 6.50
E Chicken & Salad	\$ 6.50
E Chicken Caesar Salad	\$ 6.50



## SALADS

E Watermelon Bowl	\$ 5.50
E Fruit Salad Bowl	\$ 6.00
E Garden Salad <i>GF</i> lettuce, tomato, cucumber, beet, carrot	\$ 5.50
E Caesar Salad lettuce, croutons, egg, cheese	\$ 5.50
E Sweet Chilli Chicken lettuce, tomato, cheese, sc mayo	\$ 6.00
E Ham & Garden Salad <i>GF</i>	\$ 6.00
E Chicken & Garden Salad <i>GF</i>	\$ 6.00
E Chicken Caesar Salad	\$ 6.00
E Egg & Garden Salad <i>GF</i>	\$ 6.00

Choose any dressing : Caesar, Italian, Mayo, French



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



## DRINKS

E Water	\$ 2.00
E Popper Juice Apple, Orange, ABC	\$ 2.40
E Plain Milk	\$ 2.40
E Oak Milk Chocolate, Strawberry	\$ 3.00
E Glee Grape, Watermelon Sour, Tropical, Blackcurrant	\$ 3.30
E Groove Watermelon, Raspberry	\$ 3.30
E Up N Go Chocolate, Vanilla	\$ 3.50
E Ice Tea Peach, Raspberry	\$ 4.50
E Aloe Vera Grape	\$ 4.50
E Hot Chocolate	\$ 2.50

## FRESH FRUIT

E Fruit Pieces Apple, Mandarin, Watermelon Slice, Seasonal	\$ 1.50
E Frozen Oranges Snack Pack	\$ 2.30
E Watermelon Bowl	\$ 5.50
E Fruit Salad Bowl Seasonal Fruits	\$ 6.00



## ICE COLD TREATS 99% JUICE

E Frozen Juice Cup Apple, Orange, ABC	\$ 1.60
E Fruity Ices Assorted Flavours	\$ 0.70
E Sour Snap Stix Assorted Flavours	\$ 1.00

**Ice Cold Treats Are Not Put In Your Lunch Order Bag**

Ask your child to take the lunch bag to the canteen  
and collect it during their lunch break

## YOGHURT

E Vaalia Yoghurt Vanilla	\$ 3.80
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## EXTRAS

E Sauce Portions BBQ, Tomato	\$ 0.50
E Salad Extras Tomato, Beetroot, Carrot, Cucumber, Onion	\$ 0.60
E Cheese Slice, Shredded	\$ 0.60
E Chicken, Ham, Egg	\$ 1.00

## HOT BITES

O	Chicken Nuggets 100% Breast	x 1	\$ 0.95
		x 4	\$ 3.60
		x 6	\$ 5.00
E	Chicken Wings Hot & Spicy		\$ 1.80
O	Mini Spring Roll Veg		\$ 1.20
E	Corn Cob		\$ 1.50
E	Hash Brown GF Veg		\$ 1.50
E	Garlic Bread		\$ 3.00
E	Cheese & Bacon Roll		\$ 3.20
E	Hot Dog with tomato or BBQ sauce		\$ 3.90
O	Gluten Free Chicken Nuggets GF	x 1	\$ 1.00
		x 4	\$ 3.80
		x 6	\$ 5.40

## NOODLE CUPS

O	Chicken	\$ 3.50
O	Beef	\$ 3.50
O	Oriental Veg	\$ 3.50
O	Tom Yum	\$ 3.50

**Noodle Cups Are Not Put In Lunch Order Bag**

Ask your child to take the lunch bag to the canteen and collect it during their lunch break



## BURGERS

E	Chicken lettuce & mayo	\$ 5.50
E	Chicken & Cheese BBQ sauce	\$ 5.50
E	Hot & Spicy Chicken lettuce & mayo	\$ 5.90
E	Beef Burger beef & tomato sauce or BBQ sauce	\$ 5.50
E	Cheese Burger beef, cheese & tomato sauce	\$ 5.90
E	Aussie Beef beef, lettuce, tomato, beetroot & BBQ sauce	\$ 5.90



## PASTA & RICE

E	Butter Chicken GF with rice	\$ 4.80
E	Pasta Bolognese beef sauce	\$ 4.80
E	Creamy Chicken Pasta	\$ 4.80
E	Fried Rice Veg	\$ 4.80
E	Macaroni Cheese Veg	\$ 5.50
E	Lasagna beef	\$ 5.50



## TOASTED WRAPS

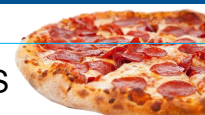
E	Cheese Toasted Wrap	\$ 2.70
E	Ham & Cheese Toasted Wrap	\$ 4.00
E	Chicken, Cheese & BBQ Toasted Wrap	\$ 5.70
E	Sweet Chilli Chicken Toasted Wrap cheese	\$ 5.70

## SNACKS

E	Popcorn GF	\$ 1.00
E	Pancake	\$ 1.20
O	Brownie	\$ 1.20
O	Chips 27g	\$ 2.50
O	Piranha Rice Snaps GF vege crackers	\$ 3.00
O	Jelly Bowl GF	\$ 2.00
O	Banana Bread	\$ 3.00
O	Muffin chocolate	\$ 4.20

## HOMEMADE PIZZAS

E	Cheese Veg	\$ 4.40
E	Ham & Cheese	\$ 5.20
E	Pepperoni & Cheese	\$ 5.20



## MEXICAN NACHOS

O	Beef Nachos GF beef sauce	add cheese 50c	\$ 5.40
O	Cheesey Nachos GF cheese sauce		\$ 5.40
O	Vegetarian Nachos GF tomato salsa	add cheese 50c	\$ 5.40

## GLUTEN FREE FAVOURITES

E	Butter Chicken with rice	\$ 4.80
E	Macaroni & Cheese Pasta Veg	\$ 5.50
E	Beef Lasagna	\$ 5.90
E	Vegetarian Lasagna	\$ 5.90
O	Nachos - Beef or Vegetarian or Cheese Sauce	\$ 5.40
O	Chicken Nuggets	x 1 \$ 1.00 x 4 \$ 3.80 x 6 \$ 5.40

Many More Gluten Free Items Are Marked "GF" On The Menu

Write "Gluten Free" On Your Lunch Bag

## PIES & PASTRIES

O	Party Pie	x 1	\$ 1.70
		x 3	\$ 5.00
O	Sausage Roll		\$ 4.00
O	Meat Pie		\$ 5.00
O	Potato Pie potato top with beef filling		\$ 5.50
O	Spinach & Ricotta Roll Veg		\$ 5.50