

Canteen Menu - Term 1, 2019



Home Made Specials

Monday - Burgers \$5.00

- Beef with lettuce, tomato and BBQ sauce
- Chicken with lettuce, tomato and mayo



Tuesday - Pizza

- Cheese \$3.50
- Ham and Pineapple \$4.50
- BBQ Ham \$4.50
- BBQ Chicken \$4.50

Extras:

- Gluten Free Base \$1.00

Thursday - Pasta \$5.00

- Penne with Bolognese sauce
- Penne with Napolitana sauce

Extras:

- Gluten Free Pasta \$0.50

Lunch Options

Hot Food

- 5 Nuggets (Monday only) \$3.50
- Pie (Monday only) \$3.00
- Gluten Free Pie (Monday only) \$4.00
- Corn Cob \$0.70

Sauce (Tomato/Sweet & Sour) \$0.30

Sushi \$3.50 (Tuesday only - order Mondays)

- Chicken Cucumber
- Chicken Avocado
- Tuna
- Tuna Cucumber
- Tuna Avocado
- Prawn
- Chicken Schnitzel Cucumber
- Avocado



Wraps

Can be made as a wrap or in a bowl

- Aussie (Ham & Salad) \$4.50
- Sea Monster (Tuna & Salad) \$4.50
- Egg Head (Egg & Salad) \$4.50
- Chick-a-dee (Chicken & Salad) \$4.50
- Captain Crunch (Salad only) \$3.50
- Sweet Chilli Wrap (Thursday only) \$3.50

Extras:

- Cheese \$0.50
- Gluten Free Wrap \$1.00

Salad options:

Lettuce, Tomato, Carrot, Cucumber
Mayonnaise optional extra. Please specify.

Toasties

- Cheese \$3.00
- Ham and Cheese \$4.00



Snacks

GF = Gluten Free

- Seasonal Fruit \$0.50
- Fruit Cup \$1.00
- Veggie Sticks & Dip \$1.00
- Cheese & Crackers \$1.00
- Red Rock Deli Plain Chips \$1.50
- Popcorn (GF) \$0.50
- Yogurt Cups \$1.00
- Bliss Balls - each \$0.40
- for 3 \$1.00

Drinks

- Oak Light Flavoured Milk (Chocolate, Strawberry, Banana) \$2.00
- Plain Milk (Full Fat) \$1.50
- Just Juice Poppers \$1.50 (Apple, Apple Blackcurrant, Tropical, Orange)
- Water \$1.50
- Up & Go \$2.00 (Banana, Vanilla, Strawberry)

Frozen

- Quelch Fruit Ice Block \$0.50 (Apple, Blackcurrant, Strawberry, Raspberry)
- Homemade Fruit Ice Block \$0.50
- Twisted Frozen Yogurt \$2.00 (Mango & Watermelon, Chocolate & Vanilla)
- Frozen Custard
 - Stars \$0.20
 - Drops \$0.10

Ordering Lunches

Orders MUST be placed at the canteen BEFORE 9.25am. Correct money is appreciated.
Please make sure lunch bags are an adequate size for your child's lunch with FULL NAME and CLASS
Tickets will be placed in lunch bags for frozen items.



Flexischools - Lunch orders can be placed in advance and up to 9:30am on the day, online at - flexischools.com.au