



Canteen Menu - Winter 2023

To place your order, please write your child's name, year level and order on a paper bag with money enclosed, NOTING ANY FOOD ALLERGIES OR INTOLERANCES.

On-line ordering is available at flexischools.com.au



SNACKS

Fruit in Season	\$1.50
Carrot Sticks	\$1.00
Fruit Salad Cup	\$3.50
Veg. sticks & dip (GF)	\$2.50
Cheese & Crackers x 4	\$2.50
Vegemite & Cracker x 4	\$2.00
Choc Chip Muffin/Cookie	\$1.50
Gingerbread Man	\$2.00
Sea Salt Chips (GF)	\$2.00
Honey Soy Chips	\$2.00
Chocolate Truffle	.50¢
Vanilla Yogurt	\$2.00
Boiled Egg	\$1.50
Jelly Cup (GF)	\$1.50
Banana Bread	\$2.50

SANDWICHES/WRAPPS

Wrap —Lettuce, Carrot, Tomato & Cheese with Mayo	\$4.50
ADD - Chicken, Ham, Tuna, Chicken Tenders or Egg	\$1.00
Salad Sandwich	\$4.50
Ham/chicken & Salad Sandwich	\$5.50
Egg & Lettuce Sandwich	\$4.00
Chicken & Mayo Sandwich	\$5.00
Ham Sandwich	\$3.50
Ham & Cheese Sandwich	\$4.00
Cheese Sandwich	\$3.50
Vegemite Sandwich	\$3.00

GLUTEN FREE (CELIAC SAFE)

GF Chicken Nuggets x6	\$6.00
GF Meat Pie	\$6.00
GF Lasagne (HOMEMADE)	\$6.00
GF Chicken Noodles	\$4.00
GF Ham & Pineapple Pizza	\$6.00
GF Toasted Sandwich	\$4.50
GF Vanilla Muffin	\$2.00
GF Banana Bread	\$3.00

BENTO BOX (PICK 5 ITEMS ONLY) \$6.00

Ham, kabana, cheese, boiled egg, pretzels, rice crackers, vegetable sticks, fruit , cherry toms, hummus, tzatziki

DRINKS

Juice (Apple, Orange or Apple/Blackcurrant)	\$2.50
Water	\$2.00
Milk (Strawberry or Choc)	\$2.50
Milk (Plain)	\$2.00
Cup of warm Milo	\$2.50

FROZEN TREATS

Slush Puppie Drink	\$2.50
Icypole	\$1.00
Ice-cream cup (GF)	\$1.50
Frozen Pineapple	50¢
Frozen Milk Moosies (GF)	\$2.00

HOT FOOD

Cup of Chicken noodles	\$3.50
Cheese Toastie	\$3.50
Ham & Cheese Toastie	\$4.00
Chicken & Cheese Toastie	\$5.00
Chicken and Gravy Roll	\$5.00
Hash Brown (GF)	\$1.50
Hot Dog (add cheese 50c)	\$4.00
Steamed Dim Sim	\$1.50
Lite Party Pie	\$1.50
Large Sausage Roll	\$4.50
Mini Spring Rolls x 6	\$4.00
Chicken Dino Snacks x 6	\$5.00
HOMEMADE Lasagne	\$5.00
Chicken Breast Burger	\$5.00
Cheeseburger	\$5.00
Baked Potato with Cheese (GF)	\$5.00
[ADD Bacon \$1.00]	
Homemade Chicken & Veg Pie	\$5.50

ENGLISH MUFFIN PIZZA

Ham & Cheese	\$3.50
Ham, Cheese & Pineapple	\$4.00
Chicken & Cheese	\$4.50

NACHOS (GF)

Cheese only	\$4.50
Cheese & salsa	\$5.00

HOMEMADE SOUP

Pumpkin (GF)	\$5.00
Chicken noodle & Veg	
Chicken & Corn (GF)	
Add Dinner Roll	50c