



## ORDERS

All orders must be placed through [www.flexischools.com.au](http://www.flexischools.com.au)

In case your order is not available due to unexpected demand we will replace with a similar item. See page 2 for **Hot Lunch** items. See page 3 for **Sushi** menu items.

**GF** = Gluten Free      **V** =Vegetarian

## SANDWICHES, ROLLS OR WRAPS

Vegemite	\$2.50
Strawberry jam	\$2.50
Honey	\$2.50
Baked beans	\$3.00
Egg	\$3.00
Cheese	\$3.00
Cheese and tomato	\$3.50
<b>GF</b> Chicken breast	\$4.00
Ham	\$4.00
Tuna or Salmon	\$5.00
Salad: Lettuce, tomato, carrot, cucumber and beetroot	\$4.00

## EXTRA SANDWICH FILLINGS

when added to the order above or to a salad box

Egg	\$1.00
Salad ( full salad as extra)	\$1.50
Cheese	\$0.50
Avocado	\$1.00
Ham or Chicken	\$1.50
Salmon or Tuna	\$2.50

Mayo, salt and pepper available

<b>GF</b> Gluten free bread: 2 slices	\$1.40
Any of the above toasted	\$0.50

## GOURMET WRAP

Chicken, hommus and tabouli wrap	\$5.00
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## CANTEEN MENU



## SALAD BOXES

<b>GF V</b> Garden salad box: Lettuce, tomato, celery, cucumber, carrot, corn, beetroot and salad dressing	\$4.50
Caesar salad box: Cos lettuce, shaved parmesan, bacon, croutons and dressing	\$4.50
Add Chicken or Ham	\$1.50
Add Egg	\$1.00
Add Salmon or Tuna	\$2.50
Salad dressing portion: Italian or Caesar	\$0.30

## DRINKS

Water 600ml	\$2.00
Water 300ml	\$1.50
Plain milk 300ml	\$1.50
Flavoured milk 300ml: Chocolate, Strawberry	\$2.00
Up N Go: Chocolate or Strawberry	\$2.00
Juice 250ml 100% juice: Apple, Apple/blackcurrant or Orange	\$1.50
Playwater (Sportdrink) flavoured water: Lemonade, Fruitingles or Raspberry	\$2.00
Juice Bomb (Apple Blackcurrant or Raspberry)	\$2.00

**V VITAWEEETS, GF V CORN THINS, GF V RICE THINS**

Two biscuits per serve

Vegemite	\$0.60
Cheese	\$1.00
Vegemite and cheese, or Tomato and cheese	\$1.20

## TOAST

One slice per serve

Raisin toast	\$1.20
Cinnamon toast	\$1.00
Plain or with Jam, Vegemite, Honey or Cheesybite	\$1.00
<b>GF</b> Gluten free toast available	add \$0.70
Banana bread: Toasted and buttered	\$2.50

## GF V MUNCH CRUNCH

A mix of dried apples, apricots, sultanas, dried mango, banana chips and choc bits \$4.00

## HEALTHY NIBBLES

V Small pot of hommus to dip \$1.00

GF V Fresh veggie bundle: Carrot and/or Celery \$0.50

Packet of six *Premium* crackers \$1.00

GF V Fresh fruit salad \$2.50

GF V Vaalia Kids Yoghurt Pouch (Vanilla or Strawberry) \$2.00

Piece of fruit: Apple, Orange or Banana \$1.00

Frozen fresh seasonal fruit: Orange quarter, Pineapple ring or Grapes \$0.50

V *On the go* Tasty cheese and crackers \$1.50

Small tin of tuna \$2.50

Small tin of salmon \$2.50

V Small tin of corn \$2.00

V Small tin of baked beans \$2.00

## TREATS

GF *Piranha vege snacks*: Honey soy \$1.00

*Jumpies*: Chicken \$0.80

*Grainwaves*: Sour cream and chives \$2.00

Finger bun \$1.50

Banana bread: Toasted \$2.50

*Gingerbread folk*: Plain or Chocolate \$1.50

Choc muffin \$1.50

Anzac biscuit: Canteen baked \$1.00

GF Popcorn: Lightly salted \$1.00

Pretzels \$1.00

GF Yoghurt frogs (3 in a bag) \$0.30

Eucalyptus drops \$0.50

Butter menthols \$0.50

Mini gelato cups: Choc, Vanilla, or Caramel \$2.00

Frozen twista yoghurt: Strawberry Vanilla \$2.00

GF Mini calippo \$1.00

## HOT FOOD LUNCH ONLY

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Noodle cups and frozen food need to be collected from the Canteen at lunch time.

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## HOT FOOD

Chicken burger: Lettuce and mayo \$4.50

Beef burger: Lettuce and sauce \$4.50

Chicken or Beef burger with the works \$5.50

Meat pie: Large \$3.50

Meat pie: Small \$2.50

Cruiser pie \$3.50

Potato pie: Large \$3.50

Sausage roll \$2.50

Chicken wedges (1) \$1.00

GF Chicken tender (1) \$1.50

V Spinach and ricotta triangle (1) \$0.80

Twista bolognese \$3.50

Lasagne \$3.50

GF V Oriental fried rice \$3.00

V Macaroni and cheese \$3.50

Pizza slice: V Margarita (cheese) \$3.00

GF V Corn cobbett - Canteen made \$1.00

Hot noodle cup: Chicken or Beef \$2.50

GF Yoodles: Chicken or Beef \$2.50

V Garlic bread \$1.00

## HOT ROLLS

V Hot cheese roll \$3.00

Hot ham and cheese roll \$4.50

Hot chicken roll \$4.00

Sauce portions: Tomato or BBQ \$0.30

## NINJA SUSHI MENU

All orders must be placed through [www.flexischools.com.au](http://www.flexischools.com.au)

**Available on Thursdays only.** Gluten Free option suitable for intolerances only, not suitable for Coeliacs.

### NINJA SUSHI ROLL

**Single Pack from \$3.20**

Grilled salmon and avocado

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Sushi salmon and avocado

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**GF** Tuna and avocado

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**GF** Tuna and cucumber

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Chicken schnitzel cutlet

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Teriyaki chicken and avocado

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Teriyaki chicken and cucumber

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Teriyaki chicken and lettuce

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Teriyaki beef and lettuce

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Crab California

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Tempura prawn

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**GF** **V** Cucumber and avocado

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**V** Vegetable tempura

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### BABY BOX

**Single Pack from \$4.00**

**GF** Tuna

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**GF** **V** Cucumber

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**GF** **V** Avocado

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### LARGE BOX

**Single Pack from \$6.00**

**GF** Salmon and avocado

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**GF** Salmon and cucumber

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**GF** Tuna and avocado

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**GF** Tuna and cucumber

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Teriyaki chicken and cucumber

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### STEAMED PORK BUN

**Single bun (50g) \$1.30**

**Available on Tuesdays only - Must pre-order before Monday 8.30am**