



This is a selection of the Canteen Menu.

Order at:

WWW.FLEXISCHOOLS.COM.AU



SANDWICHES / ROLLS / WRAPS

Prices start at \$2.50

- Spreads: Vegemite, honey, jam
- Cheese
- Egg
- Chicken
- Ham
- Tuna
- Salmon
- Salad
- Salad plus – customise with your choice of protein
- Chicken, hommus, tabouli wrap



SALAD BOXES

Prices start at \$4.50

- Garden salad box – lettuce, cucumber, tomato, carrot, beetroot, corn and italian dressing
- Caesar salad box – lettuce, bacon, shaved parmesan, croutons and caesar dressing
- Add your choice of protein



HOT FOOD

Prices start at \$1.00

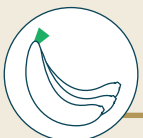
- Burgers
- Pies
- Sausage rolls
- Chicken wedges
- Pizza
- Spinach ricotta pasties
- Noodle cup
- Meals: lasagne, pasta bolognaise, mac 'n' cheese, butter chicken, fried rice
- Toasties (Junior School)



TREATS

Prices start at \$0.50

- Vegemite scrolls
- Chocolate muffin
- Banana bread
- Baked goods
- Chips – variety
- Popcorn
- Gingerfolk
- Yoghurt frogs
- Eucalyptus drops
- Butter menthols
- Freddo frog
- Ice-cream
- Ice-blocks
- Frozen yoghurt



HEALTHY SNACKS

Prices start at \$0.50

- Fruit: apple, banana, orange
- Fruit salad
- Vege sticks
- Hommus
- Vaalia yoghurt
- Munch crunch
- Cheese 'n' crackers
- Crackers with spread and filling



DRINKS

Prices start at \$1.50

- Water
- Milk
- Flavoured milk
- Juice
- Mineral water
- Iced tea



WEEKLY SPECIALS

Prices start at \$1.30

- Order cuts off at 8.30am the previous day
- Thursday – Sushi and teriyaki chicken rice meal

Gluten free and vegetarian options available. Not all items are available at both campuses. If an item is not available, it will be replaced with one of similar value and make.