





### Break fast

Vegemite toast 2 slices	\$1.50
Jam toast 2 slices	
Fresh fruit	
Hot foods	
Lasagne or Bolognaise	\$4.00
Vegetarian fried rice (GF)	\$4.00
Chicken fried rice (GF)	
Mac and cheese	
Chicken wedges 6 serve	
Hash brown nuggets 12 serve (Winter / Tuesday only)	
Toasties	
Cheese	\$2.50
Cheese and tomato	
Ham and cheese	\$4.00
Chicken or tuna with cheese	
Spaghetti or baked beans	
Ham and cheese pockets	
Salads	
Garden salad	\$4.00
Garden salad with ham or egg	\$5.00
Garden salad with chicken or tuna	\$6.00
Extras	
Cheese	\$0.50
Sauce - tomato, BBQ or mayonnaise	

Canteen Menu 2024

*To order school lunches online go to:* FLEXISCHOOLS.com.au

FLEXISCHOOLS ordering cut off time: 9:00am

A bag will be provided with the order.

### Wraps and Sandwiches

Roast chicken, lettuce and mayo	_\$4.50
Ham with salad	_\$5.50
Tuna or chicken with salad	_\$6.50
Sweet chilli chicken wrap	\$5.00
Ham and cheese	_\$4.00
Salad	_\$4.50
Egg	_\$2.80
Cheese	\$2.50
Vegemite	_\$1.50
Roast chicken, ham or tuna	\$3.50
Spaghetti or baked beans	_\$3.00
Add cheese to any meal	_\$0.50
Recess (not available every da	y)
Fruit slice watermelon	\$0.50
Custard fruit cup	\$0.70
99% fruit juice jelly	_\$0.70
Open half grilled cheese	_\$0.60
Seasonal whole fruit	\$0.70
Jatz and cheese	\$0.70
Pancakes 2 serves	
Anzac biscuits or popcorn	\$0.50
Banana bread	
Chocolate cupcake (egg and dairy free) _	
Grain waves or sea salt chips	
Grain waves or sea sait chips	_\$1.50



### From the Freezer

Frozen milk cup chocolate or strawberry	_ \$0.50
99% Juice frozen cup	
Apple, apple mango or apple blackcurren	t_\$0.50
99% fruit juice sour snap stick	\$1.00
Moosies chocolate and blue moon	\$1.50
Ice Mony TNT Blue raspberry, chocolate	
or red berry blast	\$1.00
Drinks	
Plain milk	\$1.00
Flavoured milk chocolate or strawberry_	\$2.50
Up & Go chocolate, strawberry	
or vanilla	\$2.50
Hot Milo	\$2.00
100% fruit juice poppers	
Apple blackcurrant, apple or tropical	\$2.00
Large water	\$1.50
Small water	\$1.00
99% fruit juice slushies	\$1.50
Glee	\$2.50

See over for combo offers.

Late or Emergency Lunches Vegemite, cheese or ham sandwich will be provided and invoice sent home from the office.

Insufficient Money with an order An alternative / cheaper menu item will be provided.



# **Combo Offers**

Tuesday Combo 1 Bolognaise or Vegetarian Fried Rice + popper juice \$5.50 Bolognaise or rice only \$4.00 Combo 2 Pizza (2 slices) + popper juice \$6.00 Pizza only \$4.50 \* cheese or ham / cheese / vegetarian Wednesday Combo 1 Sweet chilli chicken wrap + popper juice \$6.50 Combo 2 Lasagna + popper juice \$5.50 Combo 3 6 x chicken wedges + popper juice \$6.50

#### Thursday

Combo 1 Cheese burger with tomato or barbeque sauce + slushie \$5.50 Cheese burger only \$4.50 Combo 2 Grilled chicken burger with mayo and lettuce + slushie \$6.00 Burger only \$5.00 *Friday* Combo 1 Ham and cheese pocket + popper juice \$5.50 Combo 2 Mac + cheese + popper juice \$5.50

## Thank You ...

To all who volunteer in our Canteen. We are always looking for wonderful people to help out. Once a week, once a term, 30 minutes here or there, any amount of time is appreciated. If you are able to help in anyway, please come to the canteen and see us. Canteen helpers are welcome to an item from the menu for themselves and their child. We greatly appreciate your support.

-Teanau



graphics resource vecteezy.com