

2018 Canteen Menu

WEEKLY SPECIALS

Ordered Online Only at www.flexischools.com.au

REWARDS CARD

Buy any 5 specials and receive your 6th one free!

BUILD YOUR OWN SALAD

CHOOSE FROM THE FOLLOWING

START WITH A BASE	lettuce / baby spinach
ADD THE BASICS	tomato / carrot / cucumber / capsicum / spring onion / corn
CHOOSE A PROTEIN	chicken / ham / turkey / tuna / sweet chilli chicken tenders / Gluten free chicken tenders
SOMETHING EXTRA	grated cheese / bacon pieces / avocado / shredded coconut / croutons
HERBS / SEEDS	italian herbs / chilli flakes / sesame seeds / chives
ADD A DRESSING	balsamic / caeser / coleslaw / sweet chilli sauce / cranberry sauce
MAKE IT A COMBO	add 600ml water and/or fruit at a cheaper price



BUILD YOUR OWN SANDWICH, ROLL OR WRAP

CHOICE OF FILLINGS

avocado / carrot / cucumber / lettuce / baby spinach / tomato / cheese / ham / chicken / turkey / vegemite

CHOICE OF SPREADS

mayo / margarine / cranberry sauce / sweet chilli sauce

MAKE IT A COMBO add 600ml water and/or fruit at a cheaper price



SUSHI PACKS - **GF** - (prices per roll - inc x1 soy sauce)

Crispy Chicken, Teriyaki Chicken, Tuna & Avocado, Cucumber & Avocado	from \$ 2.00
extra soy sauce 10c	

DRINKS

Spring Water	600ml	\$ 0.80
Spring Water	1.5L	\$ 1.50
Fresh Juice	250ml (Locally from Besa) Orange * Apple * Apple & Strawberry	\$ 3.00
Prima Juice Box	200ml Tropical * Apple/Blackcurrant * Mango	\$ 1.00
Fleurieu Flavoured Milk	500ml Iced Coffee * Chocolate * Strawberry	\$ 4.20
Fleurieu Flavoured Milk	300ml Chocolate * Strawberry * Iced Coffee	\$ 2.70
Classic Flavoured Milk	600ml Chocolate * French Vanilla Cappucino * Strawberry * Banana	\$ 4.30
Classic Flavoured Milk	375ml Chocolate * Strawberry * Iced coffee	\$ 3.20
Up & Go	250ml Chocolate * Vanilla * Strawberry * Banana	\$ 2.00
Plain white Milk	600ml full cream	\$ 2.40
CHILL Iced Tea	250ml Peach * Lemon * Raspberry * Blackcurrant	\$ 2.30
slushie	200ml	\$ 1.50
Hot Chocolate	term 2 & 3 only	\$ 1.20



HOT FOOD

Prepared Meals	Mac n Cheese * Chicken Fried Rice * Beef or Vegetable Lasagne * Twista Bolognaise	\$ 4.00
Hot Dog with butter		\$ 3.00
Hot Dog with cheese		\$ 3.40
Garlic Bread		\$ 1.50
Wedges (GF)	oven baked sweet chilli sauce - \$2.70 / sour cream - \$2.70 / both toppings \$3.00	\$ 2.60
Hashbrown (GF)	oven baked	\$ 0.80
Chicken Nuggets	oven baked 3 per bag	\$ 1.50
Chicken Nuggets	oven baked 6 per bag	\$ 3.00
Noodle Cup	beef or chicken	\$ 2.40
Mi Goreng Noodles		\$ 3.50
Dim Sims	oven baked 2 per pkt	\$ 2.00
Traveller Pie		\$ 3.20
King Size Sausage Roll		\$ 3.20
Old Style Vege Pasty	(vegetarian)	\$ 4.00
Beef & Vegetable Roll (GF)	by online order only	\$ 4.90
Hamburger	(cheese extra 50c) (lunch only) (beef patty with special sauce, lettuce, tomato & carrot on a burger bun)	\$ 3.60
Chicken Burger	(cheese extra 50c) (lunch only) (chicken patty with mayo, lettuce, tomato & carrot on a burger bun)	\$ 4.30
Chicken Tenderloin	(lunch only) (sweet chilli chicken tenders with lettuce, carrot & mayo in a long roll)	\$ 5.00
Veggie Burger	(cheese extra 40c) (lunch only) (Veggie burger with mayo, lettuce, tomato & carrot on a burger bun)	\$ 3.40
Chicken Strip Wrap	(lunch only) 4 chicken strips with mayo, lettuce, carrot, cucumber & tomato wrapped in a tortilla)	\$ 6.50
Home Made Soup (G/F)	term 2 & 3 only add a roll for an extra 30c	\$ 1.30
Tomato Sauce	sauce & mustard is FREE for food purchased in the canteen	\$ 0.20
BBQ Sauce or Mustard	but a cost is for those who require for food brought in	\$ 0.30



SNACKS

Muesli & Yogurt Tubs		\$ 4.00
Yoghurt (G/F)	Vanilla * Peach & Mango * Strawberry * Passionfruit * Honey * Mango	\$ 2.70
Strawberries & Yogurt (G/F)		\$ 4.80
Fruit Salad (G/F)	seasonal fruits	\$ 2.00
Cheese & Crackers		\$ 0.60
Nut-Free Trail Mix	pumpkin & sunflower seeds, coconut, raisins, dried cranberries & choc bits	\$ 1.50
Cereal Pots	Porridge * Cornflakes * Rice Bubbles	\$ 1.00
Finger Bun	buttered extra 10c	\$ 2.20
Home Made Muffin	(GF - \$1.20)	\$ 1.00
Fresh Fruit (G/F)	apples / bananas / pears - prices subject to change	from \$ 1.00
Jelly (G/F)		\$ 1.00
chips 27g (G/F)		\$ 1.40
chips 45g (G/F)		\$ 2.50
Cookie	varies between choc chip and m&m's	\$ 1.50



ICECREAMS (G/F)

Icy pole	75ml Lemonade	\$ 1.00
Frozen OJ Cup	110ml	\$ 1.00
Lifesaver	67ml	\$ 1.40
Frosty Fruit	75ml Tropical	\$ 1.30
Twisted frozen yogurt cup	90ml vanilla bean * mango/watermelon	\$ 2.60
Billabong	64ml Chocolate or Rainbow	\$ 2.40



RECESS & LUNCH ORDER PROCEDURES

Lunch orders can now completed online with FLEXISCHOOLS up to 10am.

Plastic Forks & Spoons will be supplied if required for purchased item, otherwise they are 10c each

PLEASE GO TO ALLOCATED DOOR TO ASK OUR VOLUNTEERS OR STAFF FOR YOUR RECESS OR LUNCH ORDER